

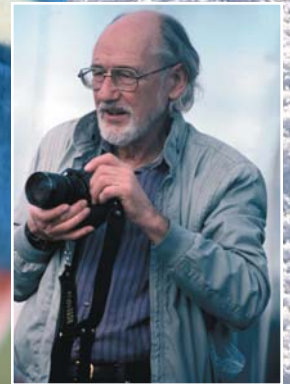
Montgomery County  
**RECREATION**  
DEPARTMENT

**Montgomery  
Parks**  
M-N C P P C

MONTGOMERY COUNTY

# GUIDE

RECREATION AND PARK PROGRAMS | WINTER  
2005-06



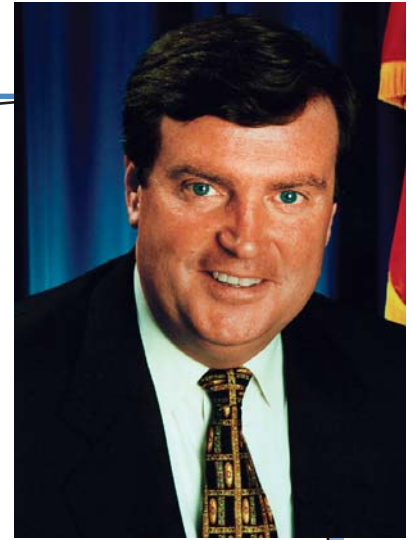
# From the County Executive



OFFICE OF THE COUNTY EXECUTIVE  
ROCKVILLE, MARYLAND 20850

Douglas M. Duncan  
*County Executive*

Winter 2005



Dear Montgomery County Resident:

On the following pages of the Recreation and Parks Departments' Winter 2005 Guide, you will find a wide range of classes and activities to fill your time during the long winter months ahead.

This is the second issue in which our Recreation Department has teamed up with the Maryland-National Capital Park and Planning Commission (M-NCPPC) to bring you an even greater selection of classes and programs. We feel that the addition of the M-NCPPC courses is a natural complement to the County's offerings.

In the coming months, we are looking forward to opening the Germantown Indoor Swim Center, located at the South Germantown Recreational Park, 18000 Central Park Circle in Boyds. This 60,000 square foot, state-of-the-art facility will include a recreational pool, a competition pool, a leisure pool, and two separate hydrotherapy pools. This swim center will serve the entire Germantown corridor and will have something for everyone!

Meanwhile, have a safe and happy holiday season, take a few minutes to look through the Guide, and find a class or activity that gets your new year off to a fresh start.

Sincerely,

Douglas M. Duncan  
County Executive



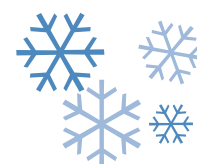
[www.montgomerycountymd.gov](http://www.montgomerycountymd.gov)



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## Cancellation Policy

The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP am 1500 and WMAL am 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

## Se Habla Español

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.



Germantown Town Center  
MD 118 & Middlebrook Road  
12901 Town Commons Drive  
Germantown, MD 20874

**DANCE**

**MUSIC**

**THEATER ARTS**

**VISUAL ARTS**

LIMITED  
SCHOLARSHIPS  
AVAILABLE

# Creative Arts Classes

## Winter 2005

Beginning January 9

### Classes for Adults, Teens and Children

**DANCE**  
Ballet      Hip Hop      Tap  
Salsa      Urban Funk      Jazz  
Movement for Seniors  
Creative Movement

**LUNCHTIME**  
Pilates

**THEATER**  
Acting  
Creative Drama

**MUSIC**  
Voice      Piano      Guitar

**VISUAL ART**  
Painting      Collage      Sculpture  
Stained Glass      Drawing

**Homeschool Classes** for grades 2-8  
Dance-Visual Arts  
Drama

**EARLY CHILDHOOD**  
**PROGRAMS** in Literature,  
Music, Visual Art,  
Dance, Theater

\*\* Not affiliated with Montgomery County Recreation Department.

For more information, call **240.912.1053** or visit [www.blackrockcenter.org](http://www.blackrockcenter.org)

### We Want You!

**Part-time Staff** are needed to lead a wide variety of activities.  
Become part of our team!

Call 240-777-6840 for an application.

**Contractual Instructors** are needed to instruct professional quality  
classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department  
Contracts  
4010 Randolph Road  
Silver Spring, MD 20902

### Volunteer this Winter!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

### Become part of our team!

Just call the team you want to work with.

# What's New!

## November Events

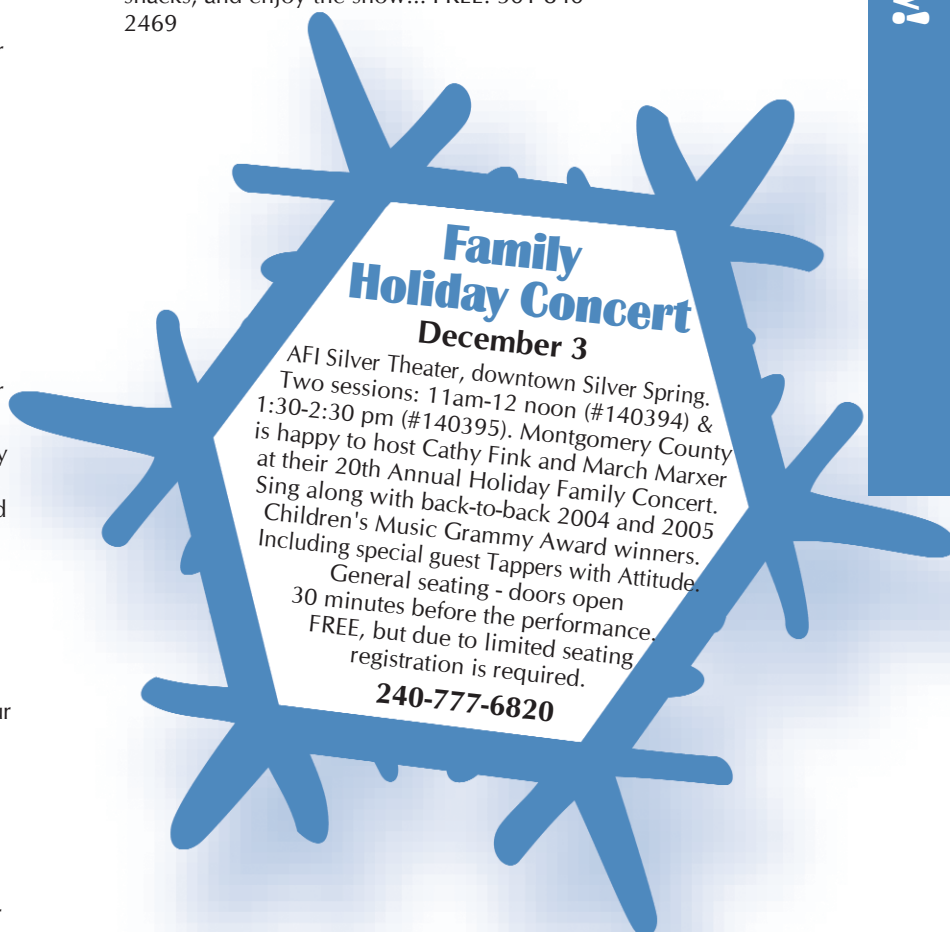
- 11 After Hours 3-on-3 Co-Ed Basketball Competition** Fairland Community Center. 6:30-9:30pm. Great opportunity for a group of friends to showcase their basketball talents. Trophies will be awarded to first place team. For middle school students (ages 11-14). \$3 per team member. 240-777-4987
- 19 & 20 Table Tennis Tournament** Potomac Community Center. All ages. Call 240-777-6960 for entry information and specific times.

## December Events

- 2 After Hours 3-on-3 Co-Ed Basketball Competition** East County Community Center. 6:30-9:30pm. Great opportunity for a group of friends to showcase their basketball talents. Trophies will be awarded to first place team. For middle school students (ages 11-14). \$3 per team member. 240-777-4987
- 3 Winter Wonderland** Upper County Community Center. 10am-12pm. Come join the Upper County Community Center family in a fun filled morning packed with refreshments and plenty of entertainment. Families and children of all ages. FREE. 301-840-2469
- 16 Drug Awareness Night/Club Friday Open House** Potomac Community Center. 7-10pm. Moon bounce, bingo, crafts, games, snack bar. \$2 admission/free to Club Friday and After Hour Members. Laser Tag-\$5. For elementary & middle school students. 240-777-6960
- 17 Breakfast With Santa** East County Community Center. 9-11am. Activities include crafts, door prizes, face painting, and tattoos. Santa arrives at 10 and will be available to take holiday orders and pictures. Cost: \$3 for age 3-7; \$5 for 8 & up; Santa picture: \$5. 301-572-7004

## January Events

- 13 Family Movie Night** Upper County Community Center 7-10pm. A family oriented night out at your local community center. Bring blankets, snacks, and enjoy the show!!! FREE. 301-840-2469



## In Classes

See pages 37-66 for complete program listings.

**Adult Art:** Multi Strand Illusion Necklace (ages 12&up), Mosaic Birdhouse (ages 12&up), Mosaic Quilt Wall Hanging (ages 12&up)

**Cooking:** Food & Wine Pairing: Classes exploring Virginia Wines, The Pinots & the Great Whites (ages 21&up), Every Day Special Breakfast (ages 15&up), Kitchen Survival (ages 15&up), Gone Fishin' (ages 15&up), Advanced Kitchen Survival (ages 15&up), Tuesday Fun Food Night (ages 15&up), No, We're Not in Italy! (ages 15&up), It's Party Time (ages 15&up), This Ain't Texas, Or Is It? (ages 15&up), Smoke Gets in Your Eyes (ages 15&up)

**Etiquette:** Holiday Workshop for Adults (ages 18&up), Holiday Workshop for Children (ages 6-12)

**T'ween Interest:** Beauty Boot Camp 4 T'weens (ages 11-13)

**Youth Dance:** Hip Hop/Street Jazz (ages 7-14)

## Murder Mystery Dinner Theater

*Enjoy a three course meal and a hilarious murder mystery!*

**January 20, 2006**

5-7pm for ages 10-17; 6:30-9pm for adults

Damascus Community Recreation Center  
25520 Oak Drive, Damascus

Pre-registration is a must. You will receive your character and clues by mail or email prior to the event. All participants must come dressed in costume for their character in order to enter. Cocktail hour will unwind with tape recorded story lines presented to you and 7 other conspirators at your table. A scrumptious dinner will be served by costumed characters and suspects followed by an evening of thrilling adventures. Whether you're outgoing or bashful, we have a role for you!

\$55 per person (includes meal, gratuity, parking, and the murder mystery)

Information and registration: 240-777-6930





# WELLNESS FEATURE



## 5 Sneaky Ways to Watch your Weight During the Holidays

1. Serve lots of fresh, attractively prepared raw vegetables as snacks.
2. Don't skip breakfast or lunch before your holiday dinner.
3. Sip on low-cal beverages rather than on punches, eggnogs or alcoholic drinks. Try mineral water with a lemon slice, low-cal soft drinks, ice tea, etc.
4. Brush your teeth before preparing the food and don't allow yourself to snack during the preparations.
5. When dishing out your holiday food, take a small amount of everything you like. Don't serve yourself regular portions of everything.

## Focus on Childhood Obesity

Prevention-Parents play a big role in shaping children's eating habits. If one parent is obese, there is a 50 percent chance that the children will also be obese. However, when both parents are obese, the children have an 80 percent chance of being obese. Kids, whose parents do little to discourage bad eating habits and sedentary activities, are significantly more likely to grow into overweight or obese young adults, according to study findings.



- Help your children pack lunches that include a variety of healthy foods.
- Make sure your children eat breakfast. It boosts metabolism, prevents binge eating, and curbs obesity.
- Encourage physical activity. Regular exercise plays a major role in long-term healthy weight.
- Have low-calorie family meals together; involve your children in the planning and preparation.

Visit: <http://wecan.nhlbi.nih.org> or call 1-866-35-WE CAN and find out more information to help your family find the right balance of eating well and being physically active to maintain a healthy weight.

We Can! has parent resources: The English Parent Handbook, "Families Finding a Balance" and the Spanish Parent Handbook, "Cómo las Familias Encuentran el Equilibrio: Un Manual Para los Padres de Familia," are useful, easy to read handbooks explaining the concepts of Go, Slow and Whoa foods, proper portion size, and making screen time active time.



## Time Savers

Here's to a Productive 2006! A new year means a fresh start, a clean slate, and chance to begin again. Become aware of how you spend your time.

### Management tips to help:

1. Focus on one task.
2. Handle important matters first.
3. Organize your activities.
4. Review your priorities each day.
5. Identify and eliminate unproductive activities.
6. Use the quickest form of communication.

Flip through and find a class that is fit for you!! Register TODAY!



# SENIORS-55 AND FORWARD THINKING

## Visit a Senior Center, a Neighborhood Senior Program, and/or take a SOAR Trip with us this Winter.

Welcome to Senior Programs where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth and life enhancement. Let doors open to a variety of experiences and friendships. Each program is unique.

### Senior Centers

**Damascus Senior Center \* +**  
(M-F, 9:00am-4:00pm)  
9701 Main Street, Damascus  
240-777-6995

**Gaithersburg Upcounty Senior Center \* +**  
(M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)  
80A Bureau Drive, Gaithersburg  
301-258-6380  
Sponsored by the City of Gaithersburg with support from Montgomery County.

**Holiday Park Senior Center \* +**  
(M-F, 9:00am-4:00pm)  
3950 Ferrara Drive, Wheaton  
301-468-4448

**Long Branch Senior Center \* +**  
(M-F, 10:00am-2:00pm)  
Long Branch Community Center  
8700 Piney Branch Road, Silver Spring  
301-431-5708

**Margaret Schweinhaut Senior Center \* +**  
(M-F, 9:00am-4:00pm, Sat, 10:00am-3:00pm)  
1000 Forest Glen Road, Silver Spring  
301-681-1255

### Neighborhood Senior Programs

If no phone number is listed, call the Senior Programs office at 301-468-4540.

**Clara Barton Seniors (W 10:00am-2:00pm)**  
Clara Barton Community Center,  
7425 MacArthur Boulevard, Cabin John

**Bauer Drive Seniors (M 10:00am-2:00pm)**  
Bauer Drive Community Center,  
14625 Bauer Drive, Rockville

**Ross Boddy Seniors \* + (W, Th, 9:30am-2:00pm)**  
Ross Boddy Community Center,  
18529 Brooke Road, Sandy Spring  
301-570-1215

**Clarksburg Seniors**  
(W 10:00am-2:00pm)  
Clarksburg Recreation Center,  
Route 355 at 22501 Wims Road,  
Clarksburg

**Coffield Seniors**  
(W, Th, 10:00am-2:00pm)  
Coffield Community Center,  
2450 Lyttonville Road, Silver Spring  
240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

**East County Seniors \* +**  
(Tu, F, 10:00am-2:00pm)  
East County Community Center,  
3310 Gateshead Manor Way, Silver Spring  
301-572-7004

**Fairland Seniors\* (Th 10:00am-2:00pm)**  
Fairland Community Recreation Center,  
14906 Old Columbia Pike, Burtonsville  
240-777-4970

**Germantown Seniors \* +**  
(M, Th, 10:00am-2:00pm)  
Germantown Community Center,  
18905 Kingsview Road, Germantown  
301-601-1685

**Evergreen Senior Program**  
(Tu, W, F, 9:00am-4:00pm)  
Germantown Community Center  
301-601-1685

A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

**Longwood Seniors (M 10:00am-2:00pm)**  
Longwood Community Center,  
19300 Georgia Avenue, Brookeville

**Owens Park Seniors +**  
(W, 10:00am-2:00pm)  
Owens Park Recreation Center  
19900 Beallsville Road, Beallsville  
301-428-8127

**Potomac Seniors + (Tu 10:00am-2:00pm)**  
Potomac Community Center,  
11315 Falls Road, Potomac

**Waverly House Seniors \***  
(W, Th 10:00am-2:00pm)  
Waverly House Apartments  
4521 East West Highway, Bethesda

\* Nutrition lunch program available  
+ Limited transportation available



Explore your hidden talents...sign up for an art class today.

## Seniors Today!

Watch *Seniors Today*, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel  
6 Sundays 3:30pm,  
Mondays 9:30am,  
Tuesdays 1:30pm,  
Wednesdays 8:30pm,  
Thursdays 12:30pm,  
Fridays 7:30pm, or  
Saturdays 11:30am.

## Special Activities and Events Long Branch Senior Center



### Ballroom Room Line Dance Demonstration

Thursday, December 8, 11:00 am. No partner is needed for this style of line dance which uses ballroom steps. And the music is divine. Free.

**Barbershop Quartet: Just in Time** Wednesday December 14, 11:00 am. Enjoy four part harmonies from this group of female singers. Free.

**Holiday Fashion Show** Tuesday, December 20, 11:00 am. Seniors will show off their finest outfits and perform musical numbers. Senior models may contact 301-431-5708 to participate. Free.

### Margaret Schweinhaut Senior Center

#### Emergency Preparedness for Senior Citizens

Wednesday, November 16, 10:30am. For information call 301-681-1255

**Preserving your Home Movies, Photo's and Documents in the 21st Century Ways** Monday, November 28 at 10:30am.

**Perfect Portion Size** Tuesday, December 13 at 10:30am. Sponsored by Holy Cross Hospital.

**Holiday Party** Dale Jarrett Trio entertains Friday, December 16, 1:00pm, food and fun. Tickets available w/donation of 2 nonperishable food items. Must preregister.

**Liz Kruger sings "Songs to Lift Your Spirits"** Friday, January 20 at 1:00pm.

**ACBL Duplicate Bridge** Tuesdays and Thursdays 1:00-4:00pm. Small fee.

**Eating Your Way to a Healthy Heart** Tuesday, February 21 at 10:30am, sponsored by Washington Adventist Hospital.

**Free Income Tax Preparation to those who qualify.** Mondays 9:30-4:00pm. Call 301-468-4179 in early February 2006 for reservation.

### Holiday Park Senior Center

**Dance Club Friday** Begins at 1:15pm. \$4.00 at the door, \$3.00 w/HPSI card. Join the Holiday Park crowd as they swing, rumba, cha-cha, tango, boogie and more...to the sounds of Montgomery County's favorite dance music. A place to make new connections and celebrate your years.

- **December 9**, Mike Surratt at the Keyboard
- **December 16**, Mark Hanak at the Piano

• **December 22**, John Brown Band w/Dolly Bennof  
**Light Opera & International Folk Music by the Cantanti Singers** Thursday, December 29, 1:15pm. Donato Soranno, Ilona Dulaski and Michael Consoli entertain with magnificent music. \$1.00 at door.

**What Makes Us Laugh & Why?** Mondays, 10:00-11:45am. \$10.00 per class. A Short Course in the World Classics Comedy facilitated by Guest Lecturer Diane Rowland.

**December 19** The English Comedy of Manners, late 18th Century: Emma by Jane Austen

**January 23** An All-American Original Comedy, 19th Century: Huckleberry Finn by Mark Twain

**February 27** A Modern British Satire: Lucky Jim by Kingsley Amis

### A Living History Program on Clara Barton

Wednesday, January 4, 1:15pm, presented by Mary Ann Jung, an award winning actress, director and historian.

**Heart Health** Monday, February 13, 1:15pm, presented by Suburban Hospital's community-based cardiac rehab program. Learn about updates in medication therapies and treatments.

**Elder Law Series 2006** kicks off Thursday, March 9, 1:30pm. See page 7 for more information.

### Damascus Senior Center

**Holiday Gift Sale** begins Saturday November 5. Find the perfect gift. Hundreds of affordable items available. Open 10:00am until 4:00pm Monday-Friday through December.

**Come and dine with our partners from Damascus HS** Thursday November 17, 6:00-8:00pm. Ed Martin and his volunteers will cook and serve Thanksgiving dinner. Must preregister at center.

**Talent Show** Friday November 18, at 1:00pm. Watch the Damascus Seniors show their talent: singing, comedy and other special activities.

**Chipper the Clown** performs wonderful balloon and magic tricks, Thursday, December 15, 1:00pm.

**Anna Pappas** returns with crazy and zany holiday cheer and tales, Tuesday, December 20, 1:00pm.

**The Famous Damascus Kitchen Band** performs Friday, January 27, 1:00pm.

Long Branch Senior Center



Join the fun at the Long Branch Senior Center fashion show.





## Start Soaring-It's the thing to do

The SOAR Program provides day time trips that are designed for the active, vigorous senior adult, age 55 and older. Most trips involve a lot of walking and/or exercise.



**The Annual Ski Trip to White Tail Mountain Resort** in Mercersburg, PA. is on January 25, 2006. Please call 301-468-4540 in early December for more information.

The 2006 SOAR Schedule is in the planning stages at this time. The spring 2006 brochure will be available in early February. Call 301-468-4540 or write SOAR, 3950 Ferrara Drive, Wheaton MD 20906 to be put on the SOAR mailing list.

### Exciting Trips Currently Being Planned for 2006 Include:

**The Civil War's Robert E. Lee Retreat from Gettysburg** guided by the famous historian, Ed Bearss.

**A Walking Tour of Solomon's Island** including a Boat Ride and A Visit to the Calvert Maritime Museum and Lighthouse.



#### White Water Rafting

**A Sailing Trip** on a 76 Foot Sailboat on the Chesapeake Bay near Annapolis.

**A Walking Tour of Fells Point** featuring its Immigrant History.

**A Guided Tour of the Uduar Hazy Air and Space Museum** in Chantilly Virginia.



**A Visit to the Native American Indian Museum in D.C.**

**A Walking Tour** with historian, Mary Kay Ricks whose theme will be the Underground Railroad Story as told in her soon to be released book.

**A Barge Ride on the C & O Canal** in Georgetown.



**A Boat Trip on the Choptank River** from Cambridge to Oxford MD, telling the story of the steamboats that sailed these waters before the Bay Bridge was built.



## The Elder Law Series 2006

A series of six individual seminars that will address legal and financial issues impacting the 55+ population – will begin on Thursday, March 9 at 1:30pm and will continue every other week in April, and May. The series is designed as a learning tool to acquaint and empower older adults, their adult children and providers of services to mature adults, with their legal and financial rights.

The Elder Law Series will feature nationally acclaimed speakers on the following topics:

**How To Select An Attorney** March 9

**Social Security Updates: A Look into the Future** March 23

**Nursing Home Options** April 6

**The Basics: Wills and Estate Planning** April 20

**Durable Powers of Attorney and Advance Directives** May 4

**Dealing With Creditors and Credit Card Debt Probate** May 18

Registration fee is \$25.00 for an entire series (six seminars) or \$5.00 per seminar. Registration and online access available in January. Call Holiday Park at 301-468-4448 to be placed on a list to receive a brochure.

Sponsored by Montgomery County Recreation Department Senior Programs, University of Maryland Cooperative Extension, The Senior Beacon Newspaper, Arden Courts – Alzheimer's Assisted Living & Springhouse – Independent & Assisted Living, Asbury Methodist Village, Quinn's Auction Galleries and Whole Foods.



## 55+ PROGRAMS OF SPECIAL INTEREST

### Exercise and Weight Room Opportunities

With an Access Card, you may register to use the exercise and weight room free of charge, during senior program hours, at any community center that has a senior program.

- Holiday Park, Margaret Schweinhaut and Damascus Senior Centers also have exercise equipment available for your use.
- See the senior program staff during senior program hours for more information.
- Senior Community Center and Senior Center Program hours of operation are listed on page 5.



*Fitness Class at the Margaret Schweinhaut Senior Center*

### Senior Fit and Senior Shape

Holy Cross Hospital offers Senior Fit and Suburban Hospital offers Senior Shape in partnership with Kaiser Permanente and the Montgomery County Department of Recreation Senior Program Team. The exercise programs are designed for seniors age 55 and older. Both focus on increasing strength, flexibility, balance, coordination, and cardiovascular endurance. Exercising is an important factor in preventing falls, decreasing the risk for developing disease and improving quality of life. Please call Holy Cross at 301-754-7895 or Suburban Hospital at 301-896-3939 for registration information on their particular program and to be appraised of class openings.

Locations	Address	Hospital	Class Days & Times
Bauer Drive Community Center	14625 Bauer Drive, Rockville, MD 20853	Holy Cross	M/W 9:15-10:00am
Clara Barton Community Center	7425 MacArthur Blvd. Cabin John, MD 20818	Suburban	M/W 11:15-Noon
East County Community Center	3310 Gateshead Manor Way Silver Spring, MD 20904	Holy Cross	M/W/F 10:30-11:15am
Gwendolyn Coffield Community Center	2450 Lyttonsville Road Silver Spring, MD 20910	Holy Cross	Tu/Th 10:15-11am
Margaret Schweinhaut Senior Center	1000 Forest Glen Road Silver Spring, MD 20901	Holy Cross	M-F 9:00-9:45am
Long Branch Community Center	8700 Piney Branch Road Silver Spring, MD 20901	Holy Cross	M/W 12:00-12:45pm
Potomac Community Center	11315 Falls Road Potomac, MD 20854	Suburban	Tu/F 10:15-11:00am
Ross J. Boddy Community Center	18529 Brooke Road Sandy Spring, MD 20860	Holy Cross	Tu/Th 9:00-9:45am
Wheaton Community Center	11711 Georgia Avenue Wheaton, MD 20902	Holy Cross	M/W 10:30-11:15am

### Time To Try Something New

More information on the following classes, including description, fee, dates, times and how to register, can be found in the Classes section of this brochure.

- Beaded Bracelets and Earrings at Long Branch Community Center, see page 42
- Folk Square Dancing at Margaret Schweinhaut Senior Center, see page 47



# We Rent for Your Event

Celebrate that special occasion in one of our Community Recreation Centers

Rent our facilities and join your friends and family for:

- Birthday Parties
- After Prom Dances
- Wedding Receptions
- Anniversaries
- Bar/Bat Mitzvahs
- Retirement Parties
- Cultural Celebrations
- Meetings



Transform a room into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland. You are limited only by imagination and creativity.



Rent these Special Spaces for Special Events...

- Gymsnasiums
- Social Halls
- Art Rooms
- Conference Rooms
- Lounges

To rent a space: Contact one of our Community Centers listed on page 59.

Check out a center from home: Virtual Tours of our centers are available online at [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) under *Locations*





# AQUATICS PROGRAMS

The Department of Recreation operates four indoor swimming pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. Information regarding schedules and hours of operation of each pool may be obtained by using our web site or calling the facilities listed below. Swim lessons, swim teams and all other aquatic programs are available at each pool and may be registered online through our web site, or see registration information on page 16.

**Germantown Indoor Swim Ctr (GISC) 240-777-6830**  
18000 Central Park Circle, Boyds  
(South Germantown Recreational Park)

Includes a 25-meter by 25 yard competition pool, a recreation pool and a leisure pool, as well as two spas, a weight and exercise room, all-purpose room and locker/shower facilities. The competition pool will also include a dive tower with two one-meter and two three-meter diving boards, plus multiple level water slides.



**Martin Luther King, Jr Swim Ctr (MLK) 301-989-1206**  
1201 Jackson Road, Silver Spring  
(off New Hampshire Ave, south of Randolph Rd)  
Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards, a separate warm water teach pool with shallow water for easy access, 2 spas, weight and exercise room, all purpose room, locker and shower facilities.



**Montgomery Aquatic Center (MAC) 301-468-4211**  
5900 Executive Boulevard, N. Bethesda  
(between Nicholson Ln and Old Georgetown Rd)  
Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a warm water leisure pool, two spas, an interior water slide, an exercise room, snack bar, locker and shower facilities, saunas, lighted outdoor jogging trail and enclosed racquetball courts.



**Olney Indoor Swim Center (OSC) 301-570-1210**  
16601 Georgia Avenue, Olney  
(in the Olney Manor Park)  
Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow warm water free form leisure pool, two spas, saunas, weight and exercise room, all purpose room and locker and shower facilities.



*Put your child in the swim of things with our lessons this Winter.*

## Swimming Instruction

Swim lessons meet once a week for 6 weeks, or twice a week for 3 weeks. Winter lessons are scheduled to begin in January.

**See *Swim Lessons*, beginning on page 16.**

## Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. All non-passholders MUST obtain a free Access Card at the Swim Center or at any of our Recreation Department facilities. All users of Montgomery County facilities are required to have an Access Card. Drop by or call the pool nearest you to receive information on schedules, admission fees, and pass prices, or check our website. Groups of more than 6 persons must contact the pool for advice as to when to attend a Recreational Swim period. Ask the Cashier about Punch 12 Discount Cards.

## Now Hiring Part Time Staff!

Part-time temporary work is available at the indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.

## Website Information

Information about Montgomery County Recreation Department pools is available on the Montgomery County website. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), Masters Swim Training, SwiMontgomery, Montgomery Dive Club, Water Fitness Classes, and Swim Team. Go to a web browser and enter: [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) Select the [Programs](#) link, then select the [Aquatics Programs](#) link. Links to most schedules are listed under each pool's entry. The link to Water Fitness schedules is at the bottom of the page.

## Pool Rentals-Parties

GISC, MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.

## Water Fitness Classes

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool and some outdoor pools. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission.
- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

### Instructors:

Wellness Network: Linda Costello 301-924-3488  
[wellnet1@aol.com](mailto:wellnet1@aol.com)

Waterworks: Sally Dimsdale 301-593-1609  
[sallyswaterworks@msn.com](mailto:sallyswaterworks@msn.com)

H2O Fitness: Peggy Brower 301-603-1328  
[browsers4@aol.com](mailto:browsers4@aol.com)

### Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

**9 Sessions \$48.00**

Instructor: Peggy Brower

138464	Martin Luther King SwC	1/2	M	10:00am-10:50am
139888	Germantown In SwC	1/2	M	10:00am-10:50am
138465	Germantown In SwC	1/4	W	10:00am-10:50am
139889	Germantown In SwC	1/6	F	10:00am-10:50am



### Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for cross training and/or rehabilitating persons requiring the cushioning of deep water. Classes given in diving well using ski belt for flotation.

**9 Sessions \$48.00**

Instructor: Peggy Brower

139892	Martin Luther King SwC	1/2	M	1:00pm-1:50pm
139893	Germantown In SwC	1/2	M	7:30am-8:20am
138480	Martin Luther King SwC	1/3	Tu	7:30am-8:20am
139895	Germantown In SwC	1/3	Tu	7:30pm-8:20pm
138477	Martin Luther King SwC	1/4	W	1:00pm-1:50pm

139894	Germantown In SwC	1/4	W	7:30am-8:20am
138481	Martin Luther King SwC	1/5	Th	7:30am-8:20am
139896	Germantown In SwC	1/5	Th	7:30pm-8:20pm

Instructor: Sally Dimsdale

138482	Montgomery AqC	1/2	M	8:30am-9:20am
138483	Montgomery AqC	1/2	M	1:30pm-2:20pm
138487	Montgomery AqC	1/3	Tu	10:00am-10:50am
138490	Montgomery AqC	1/3	Tu	7:30pm-8:20pm
138484	Montgomery AqC	1/4	W	1:30pm-2:20pm
138485	Montgomery AqC	1/4	W	8:30am-9:20am
138488	Montgomery AqC	1/5	Th	10:00am-10:50am
138491	Montgomery AqC	1/5	Th	7:30pm-8:20pm
138486	Montgomery AqC	1/6	F	8:30am-9:20am
138489	Montgomery AqC	1/6	F	1:30pm-2:20pm

Instructor: Network, Inc Wellness

138499	Olney Swim Center	1/2	M	7:00pm-7:50pm
138502	Olney Swim Center	1/2	M	6:30am-7:20am
139899	Germantown In SwC	1/2	M	1:00pm-1:50pm
139902	Germantown In SwC	1/2	M	7:30pm-8:20pm
138478	Martin Luther King SwC	1/3	Tu	7:00pm-7:50pm
138492	Olney Swim Center	1/3	Tu	8:00pm-8:50pm
138493	Olney Swim Center	1/3	Tu	8:30am-9:20am
138497	Olney Swim Center	1/3	Tu	10:30am-11:20am
139897	Germantown In SwC	1/3	Tu	9:30am-10:20am
138500	Olney Swim Center	1/4	W	7:00pm-7:50pm
138501	Olney Swim Center	1/4	W	1:30pm-2:20pm
138503	Olney Swim Center	1/4	W	6:30am-7:20am
139900	Germantown In SwC	1/4	W	1:00pm-1:50pm
139903	Germantown In SwC	1/4	W	7:30pm-8:20pm
138479	Martin Luther King SwC	1/5	Th	7:00pm-7:50pm
138494	Olney Swim Center	1/5	Th	8:00pm-8:50pm
138495	Olney Swim Center	1/5	Th	8:30am-9:20am
138498	Olney Swim Center	1/5	Th	10:30am-11:20am
139898	Germantown In SwC	1/5	Th	9:30am-10:20am
138496	Olney Swim Center	1/6	F	6:00pm-6:50pm
138504	Olney Swim Center	1/6	F	1:30pm-2:20pm
139901	Germantown In SwC	1/6	F	1:00pm-1:50pm

### Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

**9 Sessions \$48.00**

Instructor: Peggy Brower

138507	Martin Luther King SwC	1/3	Tu	8:30am-9:20am
138508	Martin Luther King SwC	1/5	Th	8:30am-9:20am

Instructor: Sally Dimsdale

138513	Montgomery AqC	1/2	M	9:30am-10:20am
138509	Montgomery AqC	1/3	Tu	8:30am-9:20am
138511	Montgomery AqC	1/4	W	9:30am-10:20am
138510	Montgomery AqC	1/5	Th	8:30am-9:20am
138512	Montgomery AqC	1/6	F	9:30am-10:20am

Instructor: Network, Inc Wellness

138518	Olney Swim Center	1/2	M	1:30pm-2:20pm
139859	Germantown In SwC	1/2	M	8:30pm-9:20pm
138514	Olney Swim Center	1/3	Tu	7:00pm-7:50pm
138516	Olney Swim Center	1/3	Tu	9:30am-10:20am
139860	Germantown In SwC	1/4	W	8:30pm-9:20pm
138515	Olney Swim Center	1/5	Th	7:00pm-7:50pm
138517	Olney Swim Center	1/5	Th	9:30am-10:20am



*Refreshing workouts led by enthusiastic instructors to upbeat music.*



**Water Exercise for Arthritis**

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

**9 Sessions \$48.00**

Instructor: Sally Dimsdale

138521	Montgomery AqC	1/2	M	11:00am-11:50am
138522	Montgomery AqC	1/4	W	11:00am-11:50am
138523	Montgomery AqC	1/6	F	11:00am-11:50am

Instructor: Network, Inc Wellness

138524	Olney Swim Center	1/2	M	10:00am-10:50am
138519	Martin Luther King SwC	1/3	Tu	10:30am-11:20am
139890	Germantown In SwC	1/3	Tu	11:30am-12:20pm
138525	Olney Swim Center	1/4	W	10:00am-10:50am
138520	Germantown In SwC	1/5	Th	11:30am-12:20pm
138526	Olney Swim Center	1/6	F	10:00am-10:50am

**Water Exercise**

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

**9 Sessions \$48.00**

Instructor: Peggy Brower

138527	Martin Luther King SwC	1/2	M	9:00am-9:50am
139904	Germantown In SwC	1/2	M	9:00am-9:50am
139909	Germantown In SwC	1/3	Tu	8:30pm-9:20pm
138529	Martin Luther King SwC	1/4	W	9:00am-9:50am
139906	Germantown In SwC	1/4	W	9:00am-9:50am
139910	Germantown In SwC	1/5	Th	8:30pm-9:20pm
138531	Martin Luther King SwC	1/6	F	9:00am-9:50am
139907	Germantown In SwC	1/6	F	9:00am-9:50am

Instructor: Sally Dimsdale

138532	Montgomery AqC	1/2	M	8:30pm-9:20pm
138533	Montgomery AqC	1/3	Tu	11:30am-12:20pm
138536	Montgomery AqC	1/3	Tu	8:30pm-9:20pm
138534	Montgomery AqC	1/4	W	8:30pm-9:20pm
138535	Montgomery AqC	1/5	Th	11:30am-12:20pm

Instructor: Network, Inc Wellness

138539	Olney Swim Center	1/2	M	8:00pm-8:50pm
138541	Olney Swim Center	1/2	M	9:00am-9:50am
138528	Martin Luther King SwC	1/3	Tu	8:00pm-8:50pm
139911	Germantown In SwC	1/3	Tu	10:30am-11:20am
138537	Olney Swim Center	1/4	W	9:00am-9:50am
138540	Olney Swim Center	1/4	W	8:00pm-8:50pm
138530	Martin Luther King SwC	1/5	Th	8:00pm-8:50pm
139912	Germantown In SwC	1/5	Th	10:30am-11:20am
138538	Olney Swim Center	1/6	F	9:00am-9:50am

**Land-Based Instruction****Beginner Ball & Pilates**

This is a land-based Beginner Mat Pilates for a half hour and a second half hour beginner ball class with weights. Focus will be on core strengthening, firming abs and glutes, and stretching. Ball and mat are needed.

**9 Sessions \$69.00**

Instructor: Peggy Brower

138473	Martin Luther King SwC	1/3	Tu	10:00am-11:00am
138474	Martin Luther King SwC	1/5	Th	10:00am-11:00am

**Body Sculpting**

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

**9 Sessions \$48.00**

Instructor: Sally Dimsdale

138468	Montgomery AqC	1/3	Tu	6:30pm-7:20pm
138469	Montgomery AqC	1/5	Th	6:30pm-7:20pm
138467	Montgomery AqC	1/6	F	7:30am-8:20am

Instructor: Network, Inc Wellness

138471	Olney Swim Center	1/3	Tu	7:00pm-7:50pm
138470	Olney Swim Center	1/5	Th	7:00pm-7:50pm

**Pilates (Stretch & Strengthen)**

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

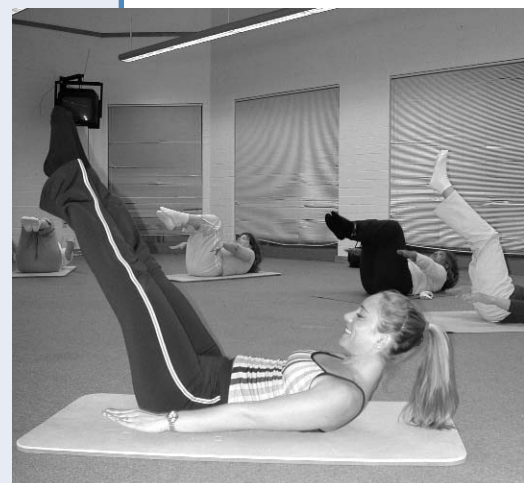
**9 Sessions \$69.00**

Instructor: Sally Dimsdale

139891	Germantown In SwC	1/7	Sa	8:30am-9:30am
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Instructor: Network, Inc Wellness

138475	Olney Swim Center	1/7	Sa	8:30am-9:30am
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*Just starting an exercise program? Our water exercise classes are ideal for a low impact workout that is kind to your joints.*



## Competitive Programs

### Rockville Montgomery Swim Club

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

#### RMSC

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice the first week of practice. Coaches will assign practice groups depending on skill level. Newcomers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. Call the pool of your choice for additional information.

NOTE: Practice times vary throughout the week. Please call the pool of your choice for specific times.

#### Germantown Indoor Swim Center - New Program

139320 Minis	\$325
139321 Juniors	\$425
139314 Seniors	\$425

#### Montgomery Aquatic Center

133159 Minis	\$745
133160 Juniors	\$735
133161 Advanced Juniors	\$920
133162 Seniors	\$790
113163 Advanced Seniors	\$995
133164 NDG	\$975
133165 NTG	\$1075

#### Martin Luther King Jr. Swim Center

133166 Minis	\$745
133167 Juniors	\$735
133168 Advanced Juniors	\$920
133169 Seniors	\$790
113170 Advanced Seniors	\$995
133171 NDG	\$975
133172 NTG	\$1075

#### Olney Swim Center

133173 Minis	\$745
133174 Juniors 1	\$735
133175 Juniors 2	\$790
133180 Advanced Juniors	\$920
133184 Seniors	\$790
113185 Advanced Seniors	\$995
133186 NDG	\$975
133187 NTG	\$1075



## Developmental Swim Team Training

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the summer swim team member.

### SwiMontgomery

A developmental program for kids 12 and under who have an interest in competitive swimming and want to build a foundation of related skills. All participants and parents should attend the first class at 7pm. Students will be assigned groups and start time at the first class.

**\$150.00**

Instructor: clinics MSTC

138136 Montgomery AqC	1/10 Tu, Th	7:20pm-8:10pm
141190 Olney SwC	11/28 M, W	7:00pm-8:20pm



### Montgomery Stroke & Turn Clinic

Montgomery Stroke & Turn Clinic (MSTC) is a Sunday evening program which runs to late May. MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers MUST be able to swim 25 meters of freestyle without stopping. Schedules for each facility will be given at the first session.

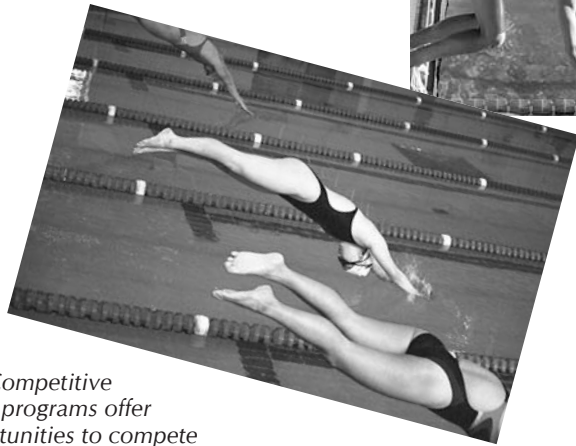
Instructor: clinics MSTC

140292 Germantown SwC	1/22 Su	6:00pm-7:00pm
140295 Germantown SwC	1/22 Su	7:00pm-8:00pm
134590 ML King SwC	10/30 Su	6:00pm-7:00pm
134591 ML King SwC	10/30 Su	7:00pm-8:00pm



**Montgomery Dive Club**

(MDC) is an advanced age-group competitive diving program offered at MLK, MAC, OSC and GISC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC and GISC. Diving lessons and Masters Diving is also offered at MAC. Program flyers are available at each pool, or call MDC at 1-866-DIVE MDC or visit [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).



Our Competitive Swim programs offer opportunities to compete for all ages.

**Help Build Your Community: Make a Donation**

Help build a better community by making a donation to Friends of Recreation (FOR). \* Your tax deductible contribution can help support a community center or other Recreation Department facility, or enable a needy child or teen to enjoy a positive recreation experience. Simply make your check out to the Montgomery Parks Foundation, and indicate how you want your gift to be used. To designate your donation, please specify in the memo section of your check as follows: either FOR General Fund or FOR (and the facility you wish to support). Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902.

\*FOR is affiliated with the non-profit Montgomery Parks Foundation, a public foundation that allows citizens to make donations to the County's Parks and Recreation Programs. To learn more about FOR, call 240-777-4920 or check our webpage at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

**Masters Swim Training**

This training is designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Training is offered at MLK, MAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or [clay@claybrittswimming.com](mailto:clay@claybrittswimming.com).

**Mariners-GISC****240-777-6830**

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

**Germantown Indoor Swim Center**

Four Lanes

Tue/Thu 8:30-10:00pm  
Mon, Wed, Fri 6:30-7:30am

Instructor: Premier Swim

140398	Germantown SwC	9/11	1 day	\$80
140399	Germantown SwC	9/11	2 days	\$120
140400	Germantown SwC	9/11	3 days	\$160
140401	Germantown SwC	9/11	4 days	\$205
140402	Germantown SwC	9/11	5 days	\$245

**Mariners-MAC****301-468-4211**

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

**Montgomery Aquatic Center**

Eight Lanes

Tue/Thu 8:30-10:00pm  
Fri 8:30-9:30pm  
Sun 8:00-10:00am

Instructor: Premier Swim

137645	Montgomery AqC	9/11	1 day	\$80
137646	Montgomery AqC	9/11	2 days	\$120
137647	Montgomery AqC	9/11	3 days	\$160
137648	Montgomery AqC	9/11	4 days	\$205
137649	Montgomery AqC	9/11	5 days	\$245

**Mariners-MLK****301-989-1206**

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

**Martin Luther King, Jr Pool**

Six Lanes

Mon/Wed 8:30-10:00pm  
(Weekend practices at MAC & OSC)

Instructor: Premier Swim

137650	ML King SwC	9/11	1 day	\$80
137651	ML King SwC	9/11	2 days	\$120
137652	ML King SwC	9/11	3 days	\$160
137653	ML King SwC	9/11	4 days	\$205
137654	ML King SwC	9/11	5 days	\$245

**Mariners-OSC****301-570-1210**

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

**Olney Swim Center**

Four Lanes

Tue/Thu 8:30-10:00pm  
Sat 7:30-9:00am

Instructor: Premier Swim

137655	Olney SwC	9/11	1 day	\$80
137656	Olney SwC	9/11	2 days	\$120
137657	Olney SwC	9/11	3 days	\$160
137658	Olney SwC	9/11	4 days	\$205
137659	Olney SwC	9/11	5 days	\$245

## Safety Training

Aquatics offers American Red Cross courses for the potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

**Montgomery Aquatic Center**      **301-468-4211**  
**Martin Luther King Jr Swim Center**      **301-989-1206**  
**Olney Swim Center**      **301-570-1210**



### Lifeguard Training

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer and First Aid. This course includes a pre-course check, which will test the students' swimming proficiency. The successful candidate will be able to swim 500 meters (200 free, 100 breast, 200 free and/or breast), and swim 20 yards (free or breast) surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to starting position with the object. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR for 1 year. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The cost of the course is \$100 registration fee (paid when registering) plus a \$50 book fee due at the first class.

#### Montgomery Aquatic Center

134166 MAC 1/6-1/29 F,W 6:30-9:30pm; Su 9:00am-12:00pm  
 134178 MAC 3/3-2/26 F,W 6:30-9:30pm; Su 9:00am-12:00pm  
 134187 MAC 6/2-6/25 F,W 6:30-9:30pm; Su 9:00am-12:00pm  
 Pre-Course: Friday March 31, 6:30-9:00pm

134181 MAC 4/8-4/16 Sa-F 8:30-11:30am;  
 M,Tu 8:30am-3:00pm  
 134182 MAC 4/8-4/16 Sa 12:00-6:30pm;  
 M-F 6:30-9:30pm

Both classes will meet Sunday Apr 16 8:30-11:30am

#### Olney Swim Center

134167 OSC 1/15-2/26 Su 2:00-3:00pm;  
 M,W,Su 6:00-10:00pm  
 134179 OSC 3/12-5/7 Su 2:00-3:00pm;  
 M,W,Su 6:00-10:00pm  
 134183 OSC 4/2-4/14 Su 2:00-3:00pm; M-Th 2:00-9:00pm;  
 Fri 2:00-6:00pm  
 134188 OSC 6/18-7/23 Su 3:00p-4:00pm; W 6:45-10:30pm;  
 Su 5:30pm-9:30pm

#### Martin Luther King, Jr. Swim Center

134177 MLK 1/25-3/12 W 6:00-9:30pm, Su 8:30am-12:00pm  
 134180 MLK 3/20-4/1 M-F, 6:00-9:30pm, Sa 8:30am-4:00pm  
 134184 MLK 4/3-4/15 M-F, 6:00-9:30pm, Sa 8:30am-4:00pm  
 134185 MLK 4/4-4/14 Tu 7:00-9:00pm, M-F 8:00am-3:30pm  
 134186 MLK 4/28-5/19 F, W 6:00-9:30pm, Sa 8:30am-12:30pm

### Lifeguard Training Instructor

This course will train students to be an American Red Cross certified Lifeguard Training and CPR for the Professional Rescuer Instructor. Students MUST possess strong swimming and rescue skills. Although possession of current ARC Lifeguard Training, CPR/FPR and First Aid certifications is not required, it is strongly encouraged. The successful candidate will possess the knowledge contained in these courses. Attendance is mandatory at all sessions. Students must be at least 17 years old. The program registration fee is \$125 (due at time of registration) and a book fee of \$120 due at the first class.

**11 Sessions**      **\$125.00**  
 134194 MAC 2/3-2/26 F,W 6:30-9:30pm;  
 S 9:00am-3:30pm  
 134195 MAC 4/21-5/14 F,W 6:30-9:30pm;  
 Su 9:00am-3:30pm

### CPR/FPR Review

This course will renew your CPR/FPR (CPR for lifeguards). Students MUST have a current certification in CPR/FPR in order to participate. Students must present their current certification cards at class. Students will also need to bring their pocket mask and book (LGT). The cost of the course is \$50 registration fee (due when registering) and \$8 AP fee due at class.

**1 Session**      **\$50.00**  
 134206 Olney SwC 11/25 Fri 2:00pm-6:00pm  
 134207 Olney SwC 12/28 Wed 6:00pm-9:30pm  
 134208 Olney SwC 1/11 Wed 6:00pm-9:30pm  
 134209 Olney SwC 3/5 Sun 6:00pm-9:30pm  
 134210 Olney SwC 5/7 Sun 6:00pm-9:30pm

### Review Lifeguard Training

This course will recertify CURRENT American Red Cross Lifeguards. Certification will be verified at the first class. Bring your certification cards, LGT book and pocket mask. The cost of the course is \$60 registration fee (due at time of registration) and an \$8 AP fee due at the first class.

**2 Sessions**      **\$60.00**  
 134211 Olney SwC 12/27-12/29 Tu, Th 5:00pm-9:30pm



### Pool Operator's Course

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

**1 Session-Review**      **\$40.00**  
 133451 Montgomery Aquatic Center 5/20 Sa 10:00am-1:00pm

**5 Sessions**      **\$70.00**  
 133447 Holiday Park SrC 1/3 Tu, W, Th, F, Sa 7:00pm-9:30pm  
 133448 Holiday Park SrC 4/10 M, Tu, W, Th, F 7:00pm-9:30pm  
 133449 Holiday Park SrC 5/8 M, W, Th 7:00pm-9:30pm  
 133450 Holiday Park SrC 6/2 F, M, W 7:00pm-9:30pm



## Ways to Register



**RecWeb** Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.



**STARline** members may register by using our telephone automated registration system. To become a STARline member, complete the application on page 64. STARline users must pay their account in full. STARline registration number is 240-777-8277.



### Full Service in person:

Montgomery County Recreation Department  
Administrative Office  
4010 Randolph Road  
Silver Spring, MD 20902-1099

Monday-Friday, 8:30am-5:00pm

**Online registration is recommended.** Please create your family account by December 1. This will ensure that you have your account information and PIN for the registration date.

Registration will begin December 14, 2005 at 6:30am. Non-County residents registration begins December 15. No registrations will be processed before this time. See page 103 for other ways to register.

Please note the following:

- Only class participants are allowed in the pool area during classes.
- The fee covers only the lessons and no other use of the facility.
- Participants may enter the pool area only 10 minutes before the start of class.
- Lesson questions should be directed to the facility where you wish to enroll.
- Withdrawal policies will be STRICTLY followed and applies to class transfers.

## Swim Lessons

### Swimming Instruction

**Swim lessons** for all ages and swimming abilities are offered at indoor pools beginning in September. Swim lesson fees range from \$45 to \$55 depending on the level and the number of participants. Non-County residents are charged an additional \$10 fee.

**Children's Swim Lessons** for all levels and ages may be offered in two, three, or six week sessions.

**Adult Group Lessons** for all levels may be offered on weekday evenings or on weekends.

## Germantown Indoor Swim Center

Phone: 240-777-6830

Swim lessons for all ages and abilities. Screening is available to evaluate students abilities. Please call 240-777-6830 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions. There will be no classes on February 25, 2006. See page 16 for registration information.



### GLSC-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions					\$43.00
139985	Germantown In SwC	1/7	Sa	10:20am-10:50am	
139986	Germantown In SwC	1/7	Sa	11:40am-12:10pm	
139987	Germantown In SwC	1/8	Su	9:40am-10:10am	
139988	Germantown In SwC	1/8	Su	11:40am-12:10pm	
139989	Germantown In SwC	2/18	Sa	10:20am-10:50am	
139990	Germantown In SwC	2/18	Sa	11:40am-12:10pm	
139991	Germantown In SwC	2/19	Su	9:40am-10:10am	
139992	Germantown In SwC	2/19	Su	11:40am-12:10pm	

### GLSC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions					\$43.00
139967	Germantown In SwC	1/4	W	6:10pm-6:40pm	
139968	Germantown In SwC	1/5	Th	5:30pm-6:00pm	
139963	Germantown In SwC	1/7	Sa	9:00am-9:30am	
139964	Germantown In SwC	1/7	Sa	12:20pm-12:50pm	
139965	Germantown In SwC	1/8	Su	9:00am-9:30am	
139966	Germantown In SwC	1/8	Su	11:00am-11:30am	
139973	Germantown In SwC	2/15	W	6:10pm-6:40pm	
139974	Germantown In SwC	2/16	Th	5:30pm-6:00pm	
139969	Germantown In SwC	2/18	Sa	9:00am-9:30am	
139970	Germantown In SwC	2/18	Sa	12:20pm-12:50pm	
139971	Germantown In SwC	2/19	Su	9:00am-9:30am	
139972	Germantown In SwC	2/19	Su	11:00am-11:30am	

## GLISC-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

### 6 Sessions **\$43.00**

139979	Germantown In SwC	1/3	Tu, Th	3:30pm-4:00pm
139975	Germantown In SwC	1/7	Sa	11:00am-11:30am
139976	Germantown In SwC	1/7	Sa	1:00pm-1:30pm
139977	Germantown In SwC	1/8	Su	10:20am-10:50am
139984	Germantown In SwC	2/14	Tu, Th	3:30pm-4:00pm
139980	Germantown In SwC	2/18	Sa	11:00am-11:30am
139981	Germantown In SwC	2/18	Sa	1:00pm-1:30pm
139982	Germantown In SwC	2/19	Su	10:20am-10:50am

## GLISC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills.

### 6 Sessions **\$54.00**

140434	Germantown In SwC	1/3	Tu, Th	4:50pm-5:20pm
140435	Germantown In SwC	1/3	Tu	6:10pm-6:40pm
140427	Germantown In SwC	1/7	Sa	9:00am-9:30am
140428	Germantown In SwC	1/7	Sa	9:40am-10:10am
140429	Germantown In SwC	1/7	Sa	10:20am-10:50am
140430	Germantown In SwC	1/7	Sa	1:00pm-1:30pm
140431	Germantown In SwC	1/8	Su	9:00am-9:30am
140432	Germantown In SwC	1/8	Su	10:20am-10:50am
140433	Germantown In SwC	1/8	Su	12:20pm-12:50pm
140436	Germantown In SwC	1/24	Tu, Th	3:30pm-4:00pm
140444	Germantown In SwC	2/14	Tu, Th	4:50pm-5:20pm
140445	Germantown In SwC	2/14	Tu	6:10pm-6:40pm
140437	Germantown In SwC	2/18	Sa	9:00am-9:30am
140438	Germantown In SwC	2/18	Sa	9:40am-10:10am
140439	Germantown In SwC	2/18	Sa	10:20am-10:50am
140440	Germantown In SwC	2/18	Sa	1:00pm-1:30pm
140441	Germantown In SwC	2/19	Su	9:00am-9:30am
140442	Germantown In SwC	2/19	Su	10:20am-10:50am
140443	Germantown In SwC	2/19	Su	12:20pm-12:50pm
140446	Germantown In SwC	3/7	Tu, Th	3:30pm-4:00pm

## GLISC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

### 6 Sessions **\$52.00**

140416	Germantown In SwC	1/3	Tu	5:30pm-6:00pm
140409	Germantown In SwC	1/7	Sa	9:00am-9:30am
140410	Germantown In SwC	1/7	Sa	9:40am-10:10am
140411	Germantown In SwC	1/7	Sa	11:40am-12:10pm
140412	Germantown In SwC	1/8	Su	9:00am-9:30am
140413	Germantown In SwC	1/8	Su	9:40am-10:10am
140414	Germantown In SwC	1/8	Su	11:40am-12:10pm
140415	Germantown In SwC	1/8	Su	12:20pm-12:50pm
140417	Germantown In SwC	1/24	Tu, Th	4:10pm-4:40pm
140425	Germantown In SwC	2/14	Tu	5:30pm-6:00pm
140418	Germantown In SwC	2/18	Sa	9:00am-9:30am
140419	Germantown In SwC	2/18	Sa	9:40am-10:10am
140420	Germantown In SwC	2/18	Sa	11:40am-12:10pm
140421	Germantown In SwC	2/19	Su	9:00am-9:30am
140422	Germantown In SwC	2/19	Su	9:40am-10:10am
140423	Germantown In SwC	2/19	Su	11:40am-12:10pm
140424	Germantown In SwC	2/19	Su	12:20pm-12:50pm
140426	Germantown In SwC	3/7	Tu, Th	4:10pm-4:40pm



## GLISC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

### 6 Sessions **\$52.00**

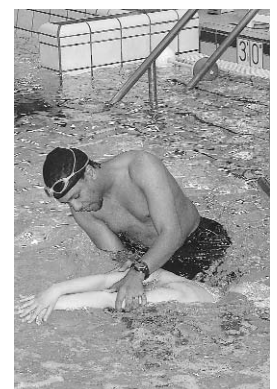
140177	Germantown In SwC	1/2	M	5:30pm-6:00pm
140193	Germantown In SwC	1/3	Tu, Th	4:10pm-4:40pm
140194	Germantown In SwC	1/4	W	5:30pm-6:00pm
140196	Germantown In SwC	1/5	Th	6:10pm-6:40pm
140172	Germantown In SwC	1/7	Sa	11:40am-12:10pm
140173	Germantown In SwC	1/7	Sa	1:00pm-1:30pm
140174	Germantown In SwC	1/8	Su	10:20am-10:50am
140175	Germantown In SwC	1/8	Su	11:00am-11:30am
140195	Germantown In SwC	1/24	Tu, Th	4:50pm-5:20pm
140209	Germantown In SwC	2/13	M	5:30pm-6:00pm
140210	Germantown In SwC	2/14	Tu, Th	4:10pm-4:40pm
140211	Germantown In SwC	2/15	W	5:30pm-6:00pm
140213	Germantown In SwC	2/16	Th	6:10pm-6:40pm
140204	Germantown In SwC	2/18	Sa	11:40am-12:10pm
140205	Germantown In SwC	2/18	Sa	1:00pm-1:30pm
140206	Germantown In SwC	2/19	Su	10:20am-10:50am
140207	Germantown In SwC	2/19	Su	11:00am-11:30am
140212	Germantown In SwC	3/7	Tu, Th	4:50pm-5:20pm

## GLISC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water.

### 6 Sessions **\$52.00**

140158	Germantown In SwC	1/7	Sa	11:00am-11:30am
140159	Germantown In SwC	1/8	Su	11:00am-11:30am
140160	Germantown In SwC	2/18	Sa	11:00am-11:30am
140161	Germantown In SwC	2/19	Su	11:00am-11:30am



*Each swim lesson series gradually and safely introduces your child to the water.*



### GISC-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills.

6 Sessions					\$52.00
140049	Germantown In SwC	1/2	M	6:10pm-6:40pm	
140047	Germantown In SwC	1/7	Sa	9:40am-10:10am	
140048	Germantown In SwC	1/8	Su	9:40am-10:10am	
140053	Germantown In SwC	2/13	M	6:10pm-6:40pm	
140050	Germantown In SwC	2/18	Sa	9:40am-10:10am	
140052	Germantown In SwC	2/19	Su	9:40am-10:10am	



### GISC-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions					\$47.00
140039	Germantown In SwC	1/7	Sa	10:20am-10:50am	
140040	Germantown In SwC	1/7	Sa	12:20pm-12:50pm	
140041	Germantown In SwC	1/8	Su	9:40am-10:10am	
140042	Germantown In SwC	1/8	Su	11:40am-12:10pm	
140043	Germantown In SwC	2/18	Sa	10:20am-10:50am	
140044	Germantown In SwC	2/18	Sa	12:20pm-12:50pm	
140045	Germantown In SwC	2/19	Su	9:40am-10:10am	
140046	Germantown In SwC	2/19	Su	11:40am-12:10pm	

### GISC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions					\$45.00
140005	Germantown In SwC	1/7	Sa	11:00am-11:30am	
140006	Germantown In SwC	1/7	Sa	11:40am-12:10pm	
140007	Germantown In SwC	1/8	Su	10:20am-10:50am	
140009	Germantown In SwC	2/18	Sa	11:00am-11:30am	
140010	Germantown In SwC	2/18	Sa	11:40am-12:10pm	
140011	Germantown In SwC	2/19	Su	10:20am-10:50am	

### GISC-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

6 Sessions					\$45.00
140001	Germantown In SwC	1/7	Sa	12:20pm-12:50pm	
140002	Germantown In SwC	1/8	Su	12:20pm-12:50pm	
140003	Germantown In SwC	2/18	Sa	12:20pm-12:50pm	
140004	Germantown In SwC	2/19	Su	12:20pm-12:50pm	

### GISC-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

6 Sessions					\$45.00
139997	Germantown In SwC	1/7	Sa	1:00pm-1:30pm	
139998	Germantown In SwC	1/8	Su	11:00am-11:30am	
139999	Germantown In SwC	2/18	Sa	1:00pm-1:30pm	
140000	Germantown In SwC	2/19	Su	11:00am-11:30am	

### GISC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke.

6 Sessions					\$45.00
139993	Germantown In SwC	1/7	Sa	12:20pm-12:50pm	
139994	Germantown In SwC	1/8	Su	12:20pm-12:50pm	
139995	Germantown In SwC	2/18	Sa	12:20pm-12:50pm	
139996	Germantown In SwC	2/19	Su	12:20pm-12:50pm	

### GISC-Adult Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught.

6 Sessions					\$54.00
139861	Germantown In SwC	1/7	Sa	11:00am-11:30am	
139862	Germantown In SwC	2/18	Sa	11:00am-11:30am	

### GISC-Adult Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions					\$52.00
139869	Germantown In SwC	1/7	Sa	10:20am-10:50am	
139870	Germantown In SwC	2/18	Sa	10:20am-10:50am	

### GISC-Adult Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions					\$52.00
139871	Germantown In SwC	1/7	Sa	9:40am-10:10am	
139872	Germantown In SwC	2/18	Sa	9:40am-10:10am	



### GISC-Adult Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water.

6 Sessions					\$52.00
139873	Germantown In SwC	1/8	Su	11:40am-12:10pm	
139874	Germantown In SwC	2/19	Su	11:40am-12:10pm	

*Your child continues to learn basic water skills and water safety in our swim lesson series.*



### GLSC-Adult Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water.

**6 Sessions \$52.00**

139875	Germantown In SwC	1/4	W	8:30pm-9:00pm
139881	Germantown In SwC	2/15	W	8:30pm-9:00pm

### GLSC-Adult-Swim for Condi.1

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Students must be deep water adjusted as this class will be held in deep water.

**6 Sessions \$52.00**

139886	Germantown In SwC	1/2	M	8:30pm-9:00pm
139887	Germantown In SwC	2/13	M	8:30pm-9:00pm

## Martin Luther King Swim Center

**Phone: 301-989-1206**

Swim lessons for all ages and abilities. Screening is held on Tuesdays and Thursdays from 7:00-7:30pm at the MLK Swim Center (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions. There are no classes on January 21 and 22.

See page 16 for registration information.



### MLK-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

**6 Sessions \$43.00**

140138	Martin Luther King SwC	1/8	Su	10:00am-10:30am
140139	Martin Luther King SwC	1/8	Su	10:40am-11:10am
140140	Martin Luther King SwC	1/10	Tu	9:30am-10:00am
140141	Martin Luther King SwC	1/11	W	10:10am-10:40am
140142	Martin Luther King SwC	1/11	W	4:30pm-5:00pm
140143	Martin Luther King SwC	1/11	W	5:10pm-5:40pm
140144	Martin Luther King SwC	2/28	Tu	9:30am-10:00am
140145	Martin Luther King SwC	2/28	Tu	4:30pm-5:00pm
140146	Martin Luther King SwC	3/1	W	5:10pm-5:40pm
140147	Martin Luther King SwC	3/2	Th	10:10am-10:40am
140148	Martin Luther King SwC	3/2	Th	5:50pm-6:20pm
140149	Martin Luther King SwC	3/4	Sa	10:15am-10:45am

### MLK-Aquatots

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water.

**6 Sessions \$43.00**

139767	Martin Luther King SwC	1/8	Su	11:20am-11:50am
139768	Martin Luther King SwC	1/9	M	9:30am-10:00am
139769	Martin Luther King SwC	1/10	Tu	5:10pm-5:40pm
139770	Martin Luther King SwC	1/11	W	9:30am-10:00am
139771	Martin Luther King SwC	1/12	Th	5:10pm-5:40pm
139772	Martin Luther King SwC	2/26	Su	10:00am-10:30am
139773	Martin Luther King SwC	2/26	Su	11:20am-11:50am
139774	Martin Luther King SwC	2/28	Tu	5:10pm-5:40pm
139775	Martin Luther King SwC	2/28	Tu	5:50pm-6:20pm
139776	Martin Luther King SwC	3/1	W	9:30am-10:00am
139777	Martin Luther King SwC	3/1	W	4:30pm-5:00pm
139778	Martin Luther King SwC	3/2	Th	5:10pm-5:50pm
139779	Martin Luther King SwC	3/2	Th	6:30pm-7:00pm
139780	Martin Luther King SwC	3/4	Sa	1:00pm-1:30pm

### MLK-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swim suit must accompany EACH student in the water.

**6 Sessions \$43.00**

140078	Martin Luther King SwC	1/8	Su	12:00pm-12:30pm
140079	Martin Luther King SwC	1/9	M	10:10am-10:40am
140081	Martin Luther King SwC	1/9	M	5:10pm-5:40pm
140082	Martin Luther King SwC	1/9	M	5:50pm-6:20pm
140083	Martin Luther King SwC	1/11	W	5:50pm-6:20pm
140084	Martin Luther King SwC	1/12	Th	9:30am-10:00am
140085	Martin Luther King SwC	2/26	Su	12:00pm-12:30pm
140086	Martin Luther King SwC	2/27	M	10:10am-10:40am
140087	Martin Luther King SwC	2/27	M	5:10pm-5:40pm
140088	Martin Luther King SwC	2/27	M	5:50pm-6:20pm
140089	Martin Luther King SwC	2/28	Tu	6:30pm-7:00pm
140090	Martin Luther King SwC	3/1	W	5:50pm-6:20pm
140091	Martin Luther King SwC	3/2	Th	9:30am-10:00am
140092	Martin Luther King SwC	3/4	Sa	11:40am-12:10pm



### MLK-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents **DO NOT** accompany children. This class is for students who need to learn basic water adjustment skills.

**6 Sessions \$52.00**

139938	Martin Luther King SwC	1/8	Su	10:40am-11:10am
139939	Martin Luther King SwC	1/8	Su	11:20am-11:50am
139940	Martin Luther King SwC	1/9	M	4:30pm-5:00pm
139941	Martin Luther King SwC	1/10	Tu	10:10am-10:40am
139942	Martin Luther King SwC	1/10	Tu	4:30pm-5:00pm
139943	Martin Luther King SwC	1/10	Tu	5:10pm-5:40pm

*Our Pre-Beginner classes are a good way to teach your kids to enjoy being in the water.*



139944	Martin Luther King SwC	1/10	Tu	5:50pm-6:20pm
139945	Martin Luther King SwC	1/11	W	5:10pm-5:40pm
139946	Martin Luther King SwC	1/11	W	5:50pm-6:20pm
139947	Martin Luther King SwC	1/12	Th	4:30pm-5:00pm
139948	Martin Luther King SwC	1/12	Th	5:10pm-5:40pm
139949	Martin Luther King SwC	1/12	Th	6:30pm-7:00pm
139950	Martin Luther King SwC	2/26	Su	10:40am-11:10am
139951	Martin Luther King SwC	2/26	Su	12:00pm-12:30pm
139952	Martin Luther King SwC	2/27	M	9:30am-10:00am
139953	Martin Luther King SwC	2/27	M	5:50pm-6:20pm
139954	Martin Luther King SwC	2/28	Tu	10:10am-10:40am
139955	Martin Luther King SwC	2/28	Tu	4:30pm-5:00pm
139956	Martin Luther King SwC	3/1	W	5:10pm-5:40pm
139957	Martin Luther King SwC	3/2	Th	4:30pm-5:00pm
139958	Martin Luther King SwC	3/2	Th	5:10pm-5:40pm
139959	Martin Luther King SwC	3/4	Sa	11:00am-11:30am
139960	Martin Luther King SwC	3/4	Sa	12:20pm-12:50pm

**MLK-Pre-Beginner-Level 2**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

**6 Sessions \$50.00**

140013	Martin Luther King SwC	1/8	Su	10:00am-10:30am
140014	Martin Luther King SwC	1/8	Su	10:40am-11:10am
140015	Martin Luther King SwC	1/8	Su	11:20am-11:50am
140016	Martin Luther King SwC	1/8	Su	12:00pm-12:30pm
140017	Martin Luther King SwC	1/9	M	4:30pm-5:00pm
140018	Martin Luther King SwC	1/9	M	5:10pm-5:40pm
140019	Martin Luther King SwC	1/9	M	5:50pm-6:20pm
140020	Martin Luther King SwC	1/10	Tu	4:30pm-5:00pm
140021	Martin Luther King SwC	1/12	Th	10:10am-10:40am
140022	Martin Luther King SwC	1/12	Th	5:50pm-6:20pm
140023	Martin Luther King SwC	2/26	Su	10:00am-10:30am
140024	Martin Luther King SwC	2/26	Su	11:20am-11:50am
140025	Martin Luther King SwC	2/26	Su	12:00pm-12:30pm
140026	Martin Luther King SwC	2/27	M	4:30pm-5:00pm
140027	Martin Luther King SwC	2/27	M	5:10pm-5:40pm
140028	Martin Luther King SwC	2/28	Tu	5:10pm-5:40pm
140029	Martin Luther King SwC	2/28	Tu	5:50pm-6:20pm
140030	Martin Luther King SwC	3/1	W	10:10am-10:40am
140031	Martin Luther King SwC	3/1	W	5:50pm-6:20pm
140032	Martin Luther King SwC	3/2	Th	5:50pm-6:20pm
140033	Martin Luther King SwC	3/2	Th	6:30pm-7:00pm
140034	Martin Luther King SwC	3/4	Sa	11:00am-11:30am
140035	Martin Luther King SwC	3/4	Sa	11:40am-12:10pm
140036	Martin Luther King SwC	3/4	Sa	12:20pm-12:50pm

**MLK-Pre-Beginner-Level 3**

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

**6 Sessions \$50.00**

140057	Martin Luther King SwC	1/8	Su	10:00am-10:30am
140058	Martin Luther King SwC	1/8	Su	11:20am-11:50am
140059	Martin Luther King SwC	1/10	Tu	6:30pm-7:00pm
140060	Martin Luther King SwC	1/11	W	4:30pm-5:00pm
140061	Martin Luther King SwC	2/26	Su	11:20am-11:50am
140062	Martin Luther King SwC	2/27	M	4:30pm-5:00pm
140063	Martin Luther King SwC	2/28	Tu	6:30pm-7:00pm
140064	Martin Luther King SwC	2/28	Tu	7:10pm-7:40pm
140065	Martin Luther King SwC	3/1	W	4:30pm-5:00pm
140066	Martin Luther King SwC	3/4	Sa	10:15am-10:45am
140067	Martin Luther King SwC	3/4	Sa	1:00pm-1:30pm

**MLK-Pre-Beginner-Level 4**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

**6 Sessions \$50.00**

140071	Martin Luther King SwC	1/8	Su	10:00am-10:30am
140072	Martin Luther King SwC	1/12	Th	4:30pm-5:00pm
140073	Martin Luther King SwC	1/12	Th	6:30pm-7:00pm
140074	Martin Luther King SwC	2/26	Su	10:40am-11:10am
140075	Martin Luther King SwC	3/2	Th	4:30pm-5:00pm
140076	Martin Luther King SwC	3/2	Th	7:10pm-7:40pm



*Your child's safety in the pool is our highest priority.*

Each swim lesson series is tailored to specific swimming abilities so your child can advance at their own rate.

**MLK-Youth-Level 1**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills.

**6 Sessions \$45.00**

140150	Martin Luther King SwC	1/8	Su	10:00am-10:30am
140151	Martin Luther King SwC	1/10	Tu	6:30pm-7:00pm
140153	Martin Luther King SwC	1/12	Th	5:50pm-6:20pm
140154	Martin Luther King SwC	2/26	Su	10:40am-11:10pm
140155	Martin Luther King SwC	2/28	Tu	7:10pm-7:40pm
140157	Martin Luther King SwC	3/4	Sa	11:40am-12:10pm

**MLK-Youth-Level 2**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

**6 Sessions \$45.00**

140162	Martin Luther King SwC	1/8	Su	11:20am-11:50am
140163	Martin Luther King SwC	1/8	Su	12:00pm-12:30pm
140164	Martin Luther King SwC	1/10	Tu	5:50pm-6:20pm
140165	Martin Luther King SwC	1/10	Tu	7:50pm-8:20pm
140166	Martin Luther King SwC	1/12	Th	7:50pm-8:20pm
140167	Martin Luther King SwC	2/26	Su	12:00pm-12:30pm
140169	Martin Luther King SwC	3/2	Th	7:10pm-7:40pm
140170	Martin Luther King SwC	3/4	Sa	11:00am-11:30am
140171	Martin Luther King SwC	3/4	Sa	1:00pm-1:30pm



### MLK-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

#### 6 Sessions **\$43.00**

140178	Martin Luther King SwC	1/8	Su	10:40am-11:10am
140179	Martin Luther King SwC	1/8	Su	12:00pm-12:30pm
140180	Martin Luther King SwC	1/10	Tu	7:10pm-7:40pm
140181	Martin Luther King SwC	1/12	Th	7:10pm-7:40pm
140182	Martin Luther King SwC	2/26	Su	11:20am-11:50am
140183	Martin Luther King SwC	3/2	Th	7:50pm-8:20pm
140184	Martin Luther King SwC	3/4	Sa	10:15am-10:45am
140185	Martin Luther King SwC	3/4	Sa	11:40am-12:10pm

### MLK-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

#### 6 Sessions **\$43.00**

140186	Martin Luther King SwC	1/8	Su	10:40am-11:10am
140187	Martin Luther King SwC	1/8	Su	12:00pm-12:30pm
140188	Martin Luther King SwC	1/10	Tu	7:50pm-8:20pm
140190	Martin Luther King SwC	2/26	Su	10:00am-10:30am
140191	Martin Luther King SwC	2/28	Tu	7:50pm-8:20pm
140192	Martin Luther King SwC	3/4	Sa	12:20pm-12:50pm

### MLK-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

#### 6 Sessions **\$43.00**

140198	Martin Luther King SwC	1/8	Su	10:00am-10:30am
140199	Martin Luther King SwC	1/10	Tu	7:10pm-7:40pm
140200	Martin Luther King SwC	1/12	Th	7:50pm-8:20pm
140201	Martin Luther King SwC	2/26	Su	10:40am-11:10am
140202	Martin Luther King SwC	3/2	Th	7:50pm-8:20pm
140203	Martin Luther King SwC	3/4	Sa	12:20pm-12:50pm



### MLK-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke.

#### 6 Sessions **\$43.00**

140214	Martin Luther King SwC	1/8	Su	11:20am-11:50am
140215	Martin Luther King SwC	1/10	Tu	8:30pm-9:00pm
140216	Martin Luther King SwC	1/12	Th	7:10pm-7:40pm
140217	Martin Luther King SwC	2/28	Tu	7:50pm-8:20pm
140218	Martin Luther King SwC	3/4	Sa	1:00pm-1:30pm

### MLK-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught.

#### 6 Sessions **\$52.00**

139715	Martin Luther King SwC	1/8	Su	12:00pm-12:30pm
139716	Martin Luther King SwC	1/9	M	8:30pm-9:00pm
139717	Martin Luther King SwC	1/12	Th	8:30pm-9:00pm
139718	Martin Luther King SwC	2/27	M	8:30pm-9:00pm
139719	Martin Luther King SwC	2/28	Tu	8:30pm-9:00pm
139720	Martin Luther King SwC	3/4	Sa	10:15am-10:45am



### MLK-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

#### 6 Sessions **\$50.00**

139727	Martin Luther King SwC	1/8	Su	10:40am-11:10am
139728	Martin Luther King SwC	1/11	W	8:30pm-9:00pm
139729	Martin Luther King SwC	2/26	Su	10:00am-10:30am
139730	Martin Luther King SwC	3/1	W	8:30pm-9:00pm
139731	Martin Luther King SwC	3/2	Th	8:30pm-9:00pm

### MLK-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

#### 6 Sessions **\$50.00**

139735	Martin Luther King SwC	1/10	Tu	8:30pm-9:00pm
139736	Martin Luther King SwC	2/28	Tu	8:30pm-9:00pm
139737	Martin Luther King SwC	3/4	Sa	11:00am-11:30am

### MLK-Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

#### 6 Sessions **\$50.00**

139765	Martin Luther King SwC	1/12	Th	8:30pm-9:00pm
139766	Martin Luther King SwC	3/2	Th	8:30pm-9:00pm

## Just moved to Montgomery County?

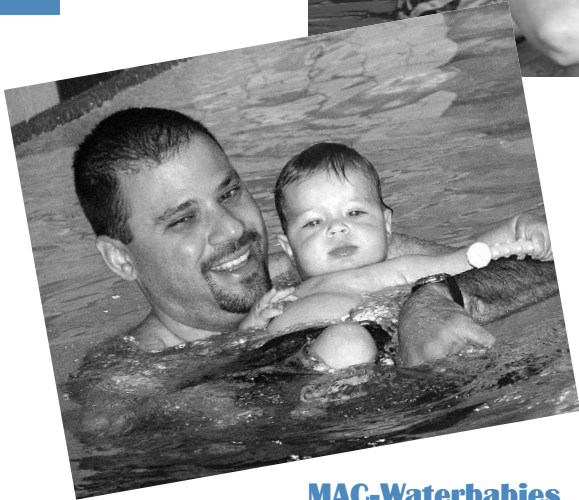
We have programs, classes, clinics and activities for all ages. Browse through the Guide... see what we have to offer!

**Want to learn more? Please call our Customer Service desk at 240 777-6840.**



**Montgomery Aquatic Center****Phone: 301-468-4211**

Swim lessons for all ages and abilities. Screening is available to evaluate students abilities. Please call 301-468-4211 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions. See page 16 for registration information.

**MAC-Waterbabies**

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

**6 Sessions \$43.00**

138366	Montgomery AqC	1/2	M	9:00am-9:30am
138663	Montgomery AqC	1/4	W	9:00am-9:30am
138367	Montgomery AqC	1/5	Th	9:00am-9:30am
138362	Montgomery AqC	1/7	Sa	10:20am-10:50am
138363	Montgomery AqC	1/7	Sa	11:40am-12:10pm
138364	Montgomery AqC	1/8	Su	9:40am-10:10am
138365	Montgomery AqC	1/8	Su	11:40am-12:10pm
138372	Montgomery AqC	2/13	M	9:00am-9:30am
138664	Montgomery AqC	2/15	W	9:00am-9:30am
138373	Montgomery AqC	2/16	Th	9:00am-9:30am
138368	Montgomery AqC	2/18	Sa	10:20am-10:50am
138369	Montgomery AqC	2/18	Sa	11:40am-12:10pm
138370	Montgomery AqC	2/19	Su	9:40am-10:10am
138371	Montgomery AqC	2/19	Su	11:40am-12:10pm

**MAC-Aquatots**

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

**6 Sessions \$43.00**

138219	Montgomery AqC	1/2	M	10:00am-10:30am
138220	Montgomery AqC	1/3	Tu	9:00am-9:30am
138221	Montgomery AqC	1/3	Tu	10:00am-10:30am
138222	Montgomery AqC	1/4	W	9:30am-10:00am
138223	Montgomery AqC	1/4	W	6:10pm-6:40pm
138224	Montgomery AqC	1/5	Th	10:00am-10:30am
138225	Montgomery AqC	1/5	Th	5:30pm-6:00pm
138226	Montgomery AqC	1/6	F	9:00am-9:30am
138215	Montgomery AqC	1/7	Sa	9:00am-9:30am
138216	Montgomery AqC	1/7	Sa	12:20pm-12:50pm
138217	Montgomery AqC	1/8	Su	9:00am-9:30am
138218	Montgomery AqC	1/8	Su	11:00am-11:30am
138231	Montgomery AqC	2/13	M	10:00am-10:30am
138232	Montgomery AqC	2/14	Tu	9:00am-9:30am
138233	Montgomery AqC	2/14	Tu	10:00am-10:30am
138234	Montgomery AqC	2/15	W	9:30am-10:00am
138235	Montgomery AqC	2/15	W	6:10pm-6:40pm
138236	Montgomery AqC	2/16	Th	10:00am-10:30am
138237	Montgomery AqC	2/16	Th	5:30pm-6:00pm
138238	Montgomery AqC	2/17	F	9:00am-9:30am
138227	Montgomery AqC	2/18	Sa	9:00am-9:30am
138228	Montgomery AqC	2/18	Sa	12:20pm-12:50pm
138229	Montgomery AqC	2/19	Su	9:00am-9:30am
138230	Montgomery AqC	2/19	Su	11:00am-11:30am

**MAC-Pre-School**

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

**6 Sessions \$43.00**

138350	Montgomery AqC	1/2	M	9:30am-10:00am
138351	Montgomery AqC	1/3	Tu, Th	3:30pm-4:00pm
138352	Montgomery AqC	1/3	Tu	6:10pm-6:40pm
138353	Montgomery AqC	1/5	Th	9:30am-10:00am
138346	Montgomery AqC	1/7	Sa	11:00am-11:30am
138347	Montgomery AqC	1/7	Sa	1:00pm-1:30pm
138348	Montgomery AqC	1/8	Su	10:20am-10:50am
138349	Montgomery AqC	1/8	Su	1:00pm-1:30pm
138358	Montgomery AqC	2/13	M	9:30am-10:00am
138359	Montgomery AqC	2/14	Tu, Th	3:30pm-4:00pm
138360	Montgomery AqC	2/14	Tu	6:10pm-6:40pm
138361	Montgomery AqC	2/16	Th	9:30am-10:00am
138354	Montgomery AqC	2/18	Sa	11:00am-11:30am
138355	Montgomery AqC	2/18	Sa	1:00pm-1:30pm
138356	Montgomery AqC	2/19	Su	10:20am-10:50am
138357	Montgomery AqC	2/19	Su	1:00pm-1:30pm



*Our classes help build swimming readiness by emphasizing fun in the water*

### MAC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills.

#### 6 Sessions \$52.00

138247	Montgomery AqC	1/2	M	6:10pm-6:40pm
138248	Montgomery AqC	1/3	Tu	10:30am-11:00am
138249	Montgomery AqC	1/3	Tu	2:30pm-3:00pm
138250	Montgomery AqC	1/3	Tu, Th	4:50pm-5:20pm
138251	Montgomery AqC	1/3	Tu	6:10pm-6:40pm
138254	Montgomery AqC	1/5	Th	5:30pm-6:00pm
138255	Montgomery AqC	1/6	F	10:00am-10:30am
138239	Montgomery AqC	1/7	Sa	9:00am-9:30am
138240	Montgomery AqC	1/7	Sa	9:40am-10:10am
138241	Montgomery AqC	1/7	Sa	10:20am-10:50am
138242	Montgomery AqC	1/7	Sa	1:00pm-1:30pm
138243	Montgomery AqC	1/8	Su	9:00am-9:30am
138244	Montgomery AqC	1/8	Su	10:20am-10:50am
138245	Montgomery AqC	1/8	Su	12:20pm-12:50pm
138246	Montgomery AqC	1/8	Su	1:00pm-1:30pm
138253	Montgomery AqC	1/24	Tu, Th	3:30pm-4:00pm
138265	Montgomery AqC	2/13	M	6:10pm-6:40pm
138266	Montgomery AqC	2/14	Tu	10:30am-11:00am
138267	Montgomery AqC	2/14	Tu	2:30pm-3:00pm
138268	Montgomery AqC	2/14	Tu, Th	4:50pm-5:20pm
138269	Montgomery AqC	2/14	Tu	6:10pm-6:40pm
138272	Montgomery AqC	2/16	Th	5:30pm-6:00pm
138273	Montgomery AqC	2/17	F	10:00am-10:30am
138257	Montgomery AqC	2/18	Sa	9:00am-9:30am
138258	Montgomery AqC	2/18	Sa	9:40am-10:10am
138259	Montgomery AqC	2/18	Sa	10:20am-10:50am
138260	Montgomery AqC	2/18	Sa	1:00pm-1:30pm
138261	Montgomery AqC	2/19	Su	9:00am-9:30am
138262	Montgomery AqC	2/19	Su	10:20am-10:50am
138263	Montgomery AqC	2/19	Su	12:20pm-12:50pm
138264	Montgomery AqC	2/19	Su	1:00pm-1:30pm
138271	Montgomery AqC	3/7	Tu, Th	3:30pm-4:00pm

### MAC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

#### 6 Sessions \$50.00

138283	Montgomery AqC	1/2	M	5:30pm-6:00pm
138284	Montgomery AqC	1/3	Tu	9:30am-10:00am
138285	Montgomery AqC	1/3	Tu	5:30pm-6:00pm
138287	Montgomery AqC	1/4	W	5:30pm-6:00pm
138288	Montgomery AqC	1/5	Th	2:30pm-3:00pm
138289	Montgomery AqC	1/6	F	9:30am-10:00am
138275	Montgomery AqC	1/7	Sa	9:00am-9:30am
138276	Montgomery AqC	1/7	Sa	9:40am-10:10am
138277	Montgomery AqC	1/7	Sa	11:40am-12:10pm
138278	Montgomery AqC	1/7	Sa	12:20pm-12:50pm
138279	Montgomery AqC	1/8	Su	9:00am-9:30am
138280	Montgomery AqC	1/8	Su	9:40am-10:10am
138281	Montgomery AqC	1/8	Su	11:40am-12:10pm
138282	Montgomery AqC	1/8	Su	12:20pm-12:50pm
138286	Montgomery AqC	1/24	Tu, Th	4:10pm-4:40pm
138299	Montgomery AqC	2/13	M	5:30pm-6:00pm
138300	Montgomery AqC	2/14	Tu	9:30am-10:00am
138302	Montgomery AqC	2/14	Tu	5:30pm-6:00pm
138303	Montgomery AqC	2/15	W	5:30pm-6:00pm
138304	Montgomery AqC	2/16	Th	2:30pm-3:00pm
138305	Montgomery AqC	2/17	F	9:30am-10:00am

138291	Montgomery AqC	2/18	Sa	9:00am-9:30am
138292	Montgomery AqC	2/18	Sa	9:40am-10:10am
138293	Montgomery AqC	2/18	Sa	11:40am-12:10pm
138294	Montgomery AqC	2/18	Sa	12:20pm-12:50pm
138295	Montgomery AqC	2/19	Su	9:00am-9:30am
138296	Montgomery AqC	2/19	Su	9:40am-10:10am
138297	Montgomery AqC	2/19	Su	11:40am-12:10pm
138298	Montgomery AqC	2/19	Su	12:20pm-12:50pm
138301	Montgomery AqC	3/7	Tu, Th	4:10pm-4:40pm



### MAC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

#### 6 Sessions \$50.00

138315	Montgomery AqC	1/2	M	5:30pm-6:00pm
138316	Montgomery AqC	1/3	Tu, Th	4:10pm-4:40pm
138317	Montgomery AqC	1/4	W	5:30pm-6:00pm
138318	Montgomery AqC	1/4	W	6:10pm-6:40pm
138320	Montgomery AqC	1/5	Th	6:10pm-6:40pm
138307	Montgomery AqC	1/7	Sa	1:00pm-1:30pm
138309	Montgomery AqC	1/7	Sa	11:00am-11:30am
138310	Montgomery AqC	1/7	Sa	11:40am-12:10pm
138311	Montgomery AqC	1/8	Su	9:40am-10:10am
138312	Montgomery AqC	1/8	Su	10:20am-10:50am
138313	Montgomery AqC	1/8	Su	11:00am-11:30am
138314	Montgomery AqC	1/8	Su	1:00pm-1:30pm
138319	Montgomery AqC	1/24	Tu, Th	4:50pm-5:20pm
138329	Montgomery AqC	2/13	M	5:30pm-6:00pm
138330	Montgomery AqC	2/14	Tu, Th	4:10pm-4:40pm
138332	Montgomery AqC	2/15	W	5:30pm-6:00pm
138333	Montgomery AqC	2/15	W	6:10pm-6:40pm
138335	Montgomery AqC	2/16	Th	6:10pm-6:40pm
138336	Montgomery AqC	2/17	F	10:30am-11:00am
138321	Montgomery AqC	2/18	Sa	1:00pm-1:30pm
138323	Montgomery AqC	2/18	Sa	11:00am-11:30am
138324	Montgomery AqC	2/18	Sa	11:40am-12:10pm
138325	Montgomery AqC	2/19	Su	9:40am-10:10am
138326	Montgomery AqC	2/19	Su	10:20am-10:50am
138327	Montgomery AqC	2/19	Su	11:00am-11:30am
138328	Montgomery AqC	2/19	Su	1:00pm-1:30pm
138334	Montgomery AqC	3/7	Tu, Th	4:50pm-5:20pm

*Unsure what level is right for your child? We offer screening to make sure your child is in the right class.*



**MAC-Pre-Beginner-Level 4**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water.

**6 Sessions \$50.00**

138341	Montgomery AqC	1/5	Th	6:10pm-6:40pm
138338	Montgomery AqC	1/7	Sa	11:00am-11:30am
138339	Montgomery AqC	1/8	Su	11:00am-11:30am
138340	Montgomery AqC	1/8	Su	11:40am-12:10pm
138345	Montgomery AqC	2/16	Th	6:10pm-6:40pm
138342	Montgomery AqC	2/18	Sa	11:00am-11:30am
138343	Montgomery AqC	2/19	Su	11:00am-11:30am
138344	Montgomery AqC	2/19	Su	11:40am-12:10pm

**MAC-Youth-Level 1**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills.

**6 Sessions \$45.00**

138376	Montgomery AqC	1/2	M	6:10pm-6:40pm
138374	Montgomery AqC	1/7	Sa	1:00pm-1:30pm
138375	Montgomery AqC	1/8	Su	9:40am-10:10am
138379	Montgomery AqC	2/13	M	6:10pm-6:40pm
138377	Montgomery AqC	2/18	Sa	1:00pm-1:30pm
138378	Montgomery AqC	2/19	Su	9:40am-10:10am

**MAC-Youth-Level 2**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

**6 Sessions \$45.00**

138386	Montgomery AqC	1/3	Tu	5:30pm-6:00pm
138382	Montgomery AqC	1/7	Sa	10:20am-10:50am
138383	Montgomery AqC	1/7	Sa	12:20pm-12:50pm
138384	Montgomery AqC	1/8	Su	9:40am-10:10am
138385	Montgomery AqC	1/8	Su	11:40am-12:10pm
138391	Montgomery AqC	2/14	Tu	5:30pm-6:00pm
138387	Montgomery AqC	2/18	Sa	10:20am-10:50am
138388	Montgomery AqC	2/18	Sa	12:20pm-12:50pm
138389	Montgomery AqC	2/19	Su	9:40am-10:10am
138390	Montgomery AqC	2/19	Su	11:40am-12:10pm

**Tip for a Healthier Life:**

Exercise at least 30 minutes every day.

**MAC-Youth-Level 3**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

**6 Sessions \$43.00**

138392	Montgomery AqC	1/7	Sa	9:40am-10:10am
138393	Montgomery AqC	1/7	Sa	11:00am-11:30am
138394	Montgomery AqC	1/7	Sa	11:40am-12:10pm
138395	Montgomery AqC	1/8	Su	10:20am-10:50am
138396	Montgomery AqC	1/8	Su	1:00pm-1:30pm
138397	Montgomery AqC	2/18	Sa	9:40am-10:10am
138398	Montgomery AqC	2/18	Sa	11:00am-11:30am
138399	Montgomery AqC	2/18	Sa	11:40am-12:10pm
138400	Montgomery AqC	2/19	Su	10:20am-10:50am
138401	Montgomery AqC	2/19	Su	1:00pm-1:30pm

**MAC-Youth-Level 4**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

**6 Sessions \$43.00**

138402	Montgomery AqC	1/7	Sa	11:40am-12:10pm
138403	Montgomery AqC	1/7	Sa	12:20pm-12:50pm
138404	Montgomery AqC	1/8	Su	11:00am-11:30am
138405	Montgomery AqC	1/8	Su	12:20pm-12:50pm
138406	Montgomery AqC	1/8	Su	1:00pm-1:30pm
138407	Montgomery AqC	2/18	Sa	11:40am-12:10pm
138408	Montgomery AqC	2/18	Sa	12:20pm-12:50pm
138409	Montgomery AqC	2/19	Su	11:00am-11:30am
138410	Montgomery AqC	2/19	Su	12:20pm-12:50pm
138411	Montgomery AqC	2/19	Su	1:00pm-1:30pm

**MAC-Youth-Level 5**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

**6 Sessions \$43.00**

138412	Montgomery AqC	1/7	Sa	1:00pm-1:30pm
138413	Montgomery AqC	1/8	Su	11:00am-11:30am
138414	Montgomery AqC	2/18	Sa	1:00pm-1:30pm
138415	Montgomery AqC	2/19	Su	11:00am-11:30am

*Don't lose the swim abilities your child acquired this summer! Keep up your child's swim skills all year 'round in our comfortable indoor pools.*



### MAC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke.

#### 6 Sessions **\$43.00**

138416	Montgomery AqC	1/7	Sa	12:20pm-12:50pm
138417	Montgomery AqC	1/8	Su	12:20pm-12:50pm
138418	Montgomery AqC	2/18	Sa	12:20pm-12:50pm
138419	Montgomery AqC	2/19	Su	12:20pm-12:50pm



### MAC-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught.

#### 6 Sessions **\$52.00**

138137	Montgomery AqC	1/5	Th	8:30pm-9:00pm
138138	Montgomery AqC	1/7	Sa	11:00am-11:30am
138139	Montgomery AqC	1/8	Su	10:20am-10:50am
138140	Montgomery AqC	2/16	Th	8:30pm-9:00pm
138141	Montgomery AqC	2/18	Sa	11:00am-11:30am
138142	Montgomery AqC	2/19	Su	10:20am-10:50am

### MAC-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. be no classes from November 23-27.

#### 6 Sessions **\$50.00**

138143	Montgomery AqC	1/7	Sa	10:20am-10:50am
138144	Montgomery AqC	1/8	Su	12:20pm-12:50pm
138145	Montgomery AqC	2/18	Sa	10:20am-10:50am
138146	Montgomery AqC	2/19	Su	12:20pm-12:50pm

### MAC-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

#### 6 Sessions **\$50.00**

138147	Montgomery AqC	1/7	Sa	9:40am-10:10am
138148	Montgomery AqC	2/18	Sa	9:40am-10:10am

### MAC-Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water.

#### 6 Sessions **\$50.00**

138150	Montgomery AqC	1/3	Tu	8:30pm-9:00pm
138149	Montgomery AqC	1/8	Su	11:40am-12:10pm
138152	Montgomery AqC	2/14	Tu	8:30pm-9:00pm
138151	Montgomery AqC	2/19	Su	11:40am-12:10pm

### MAC-Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water.

#### 6 Sessions **\$50.00**

138209	Montgomery AqC	1/4	W	8:30pm-9:00pm
138210	Montgomery AqC	2/15	W	8:30pm-9:00pm

### MAC-Adult-Swim for Condi.1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program.

#### 6 Sessions **\$50.00**

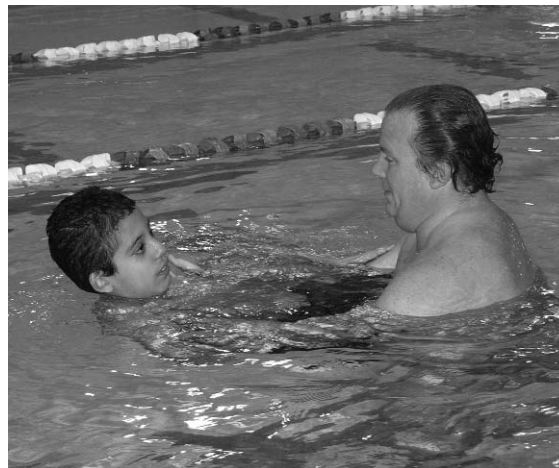
138211	Montgomery AqC	1/2	M	8:30pm-9:00pm
138212	Montgomery AqC	2/13	M	8:30pm-9:00pm

### MAC-Adult-Swim for Condi.2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Students must be deep water adjusted as this class will be held in deep water.

#### 6 Sessions **\$50.00**

138213	Montgomery AqC	1/2	M	8:30pm-9:00pm
138214	Montgomery AqC	2/13	M	8:30pm-9:00pm



### MAC-Adapted Aquatics

This is a learn-to-swim program for children ages 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session. There will be no classes from November 23-27.

#### 6 Sessions **\$53.00**

138132	Montgomery AqC	1/7	Sa	9:45am-10:25am
138133	Montgomery AqC	1/7	Sa	10:35am-11:15am
138134	Montgomery AqC	2/18	Sa	9:45am-10:25am
138135	Montgomery AqC	2/18	Sa	10:35am-11:15am

### Tip for a Healthier Life:

Conquer your fears! Learn how to enjoy the water. All levels of ability welcome.

**Olney Swim Center****Phone: 301-570-1210**

Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-570-1210 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions. See page 16 for registration information.

**OSC-Waterbabies**

Designed for children 6 months-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions		\$45.00		
137628	Olney Swim Center	2/25	Sa	11:20am-11:50am
137629	Olney Swim Center	2/26	Su	10:50am-11:20am
137630	Olney Swim Center	3/2	Th	6:05pm-6:35pm

**OSC-Aquatots**

Designed for children 18 months-3 years of age. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions		\$45.00		
137534	Olney Swim Center	1/7	Sa	10:40am-11:10am
137535	Olney Swim Center	1/8	Su	10:10am-10:40am
137536	Olney Swim Center	1/10	Tu	6:05pm-6:35pm
137537	Olney Swim Center	2/25	Sa	10:40am-11:10am
137538	Olney Swim Center	2/26	Su	10:10am-10:40am
137539	Olney Swim Center	2/28	Tu	6:05pm-6:35pm
137540	Olney Swim Center	3/13	M, W	6:25pm-6:55pm

**OSC-Pre-School**

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions		\$45.00		
137631	Olney Swim Center	1/7	Sa	10:00am-10:30am
137632	Olney Swim Center	1/7	Sa	11:20am-12:10pm

137633	Olney Swim Center	1/8	Su	9:30am-10:00am
137634	Olney Swim Center	1/8	Su	10:50am-11:20am
137635	Olney Swim Center	1/10	Tu	6:40pm-7:10pm
137636	Olney Swim Center	1/12	Th	6:05pm-6:35pm
137637	Olney Swim Center	1/16	M, W	6:25pm-6:55pm
137643	Olney Swim Center	2/13	M, W	6:25pm-6:55pm
137638	Olney Swim Center	2/25	Sa	10:00am-10:30am
137644	Olney Swim Center	2/25	Sa	12:40pm-1:10pm
137639	Olney Swim Center	2/26	Su	9:30am-10:00am
137640	Olney Swim Center	2/26	Su	11:30am-12:00pm
137641	Olney Swim Center	2/28	Tu	6:40pm-7:10pm
137642	Olney Swim Center	3/2	Th	6:40pm-7:10pm

**OSC-Pre-Beginner-Level 1**

Designed for children 4-6 years old. Parents **DO NOT** accompany children. This class is for students who need to learn basic water adjustment skills.

6 Sessions		\$54.00		
137662	Olney Swim Center	1/7	Sa	10:00am-10:30am
137663	Olney Swim Center	1/7	Sa	10:40am-11:10am
137664	Olney Swim Center	1/7	Sa	11:20am-11:50am
137665	Olney Swim Center	1/7	Sa	12:00pm-12:30pm
137666	Olney Swim Center	1/7	Sa	12:40pm-1:10pm
137667	Olney Swim Center	1/7	Sa	1:20pm-1:50pm
137668	Olney Swim Center	1/8	Su	9:30am-10:00am
137669	Olney Swim Center	1/8	Su	9:30am-10:00am
137670	Olney Swim Center	1/8	Su	10:10am-10:40am
137671	Olney Swim Center	1/8	Su	10:50am-11:20am
137672	Olney Swim Center	1/8	Su	11:30am-12:00pm
137673	Olney Swim Center	1/8	Su	11:30am-12:00pm
137674	Olney Swim Center	1/10	Tu	6:05pm-6:35pm
137675	Olney Swim Center	1/10	Tu	6:05pm-6:35pm
137676	Olney Swim Center	1/10	Tu	6:40pm-7:10pm
137677	Olney Swim Center	1/10	Tu	6:40pm-7:10pm
137678	Olney Swim Center	1/12	Th	6:05pm-6:35pm
137679	Olney Swim Center	1/12	Th	6:40pm-7:10pm
137680	Olney Swim Center	1/16	M, W	6:25pm-6:55pm
137681	Olney Swim Center	1/16	M, W	6:25pm-6:55pm
137682	Olney Swim Center	1/16	M, W	7:05pm-7:35pm
137696	Olney Swim Center	2/13	M, W	6:25pm-6:55pm
137697	Olney Swim Center	2/13	M, W	6:25pm-6:55pm
137698	Olney Swim Center	2/13	M, W	7:05pm-7:35pm
137683	Olney Swim Center	2/25	Sa	10:00am-10:30am
137684	Olney Swim Center	2/25	Sa	11:20am-11:50am
137685	Olney Swim Center	2/25	Sa	12:00pm-12:30pm
137702	Olney Swim Center	2/25	Sa	12:40pm-1:10pm
137686	Olney Swim Center	2/26	Su	9:30am-10:00am
137687	Olney Swim Center	2/26	Su	10:10am-10:40am
137688	Olney Swim Center	2/26	Su	10:50am-11:20am
137689	Olney Swim Center	2/26	Su	11:30am-12:00pm
137690	Olney Swim Center	2/26	Su	11:30am-12:00pm



Ready...set...jump in.  
The water is fine.





137691	Olney Swim Center	2/28	Tu	6:05pm-6:35pm
137692	Olney Swim Center	2/28	Tu	6:40pm-7:10pm
137693	Olney Swim Center	3/2	Th	6:05pm-6:35pm
137694	Olney Swim Center	3/2	Th	6:05pm-6:35pm
137695	Olney Swim Center	3/2	Th	6:40pm-7:10pm
137699	Olney Swim Center	3/13	M, W	6:25pm-6:55pm
137700	Olney Swim Center	3/13	M, W	6:25pm-6:55pm
137701	Olney Swim Center	3/13	M, W	7:05pm-7:35pm

**7 Sessions \$54.00**

137703	Olney Swim Center	2/25	Sa	12:40pm-1:10pm
137704	Olney Swim Center	2/25	Sa	1:20pm-1:50pm


**OSC-Pre-Beginner-Level 2**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

**6 Sessions \$52.00**

137869	Olney Swim Center	1/7	Sa	10:00am-10:30am
137870	Olney Swim Center	1/7	Sa	10:40am-11:10am
137871	Olney Swim Center	1/7	Sa	11:20am-11:50am
137872	Olney Swim Center	1/7	Sa	12:40pm-1:10pm
137873	Olney Swim Center	1/7	Sa	1:20pm-1:50pm
137874	Olney Swim Center	1/8	Su	9:30am-10:00am
137875	Olney Swim Center	1/8	Su	10:10am-10:40am
137876	Olney Swim Center	1/8	Su	10:50am-11:20am
137877	Olney Swim Center	1/8	Su	11:30am-12:00pm
137878	Olney Swim Center	1/10	Tu	6:05pm-6:35pm
137879	Olney Swim Center	1/10	Tu	6:40pm-7:10pm
137880	Olney Swim Center	1/12	Th	6:05pm-6:35pm
137881	Olney Swim Center	1/16	M, W	6:25pm-6:55pm
137882	Olney Swim Center	1/16	M, W	7:05pm-7:35pm
137883	Olney Swim Center	1/16	M, W	7:45pm-8:15pm
137897	Olney Swim Center	2/13	M, W	6:25pm-6:55pm
137898	Olney Swim Center	2/13	M, W	6:25pm-6:55pm
137899	Olney Swim Center	2/13	M, W	7:05pm-7:35pm
137884	Olney Swim Center	2/25	Sa	10:00am-10:30am
137885	Olney Swim Center	2/25	Sa	10:40am-11:10am
137886	Olney Swim Center	2/25	Sa	11:20am-11:50am
137887	Olney Swim Center	2/25	Sa	12:00pm-12:30pm
137903	Olney Swim Center	2/25	Sa	12:40pm-1:10pm
137904	Olney Swim Center	2/25	Sa	1:20pm-1:50pm
137905	Olney Swim Center	2/25	Sa	1:20pm-1:50pm
137888	Olney Swim Center	2/26	Su	9:30am-10:00am
137889	Olney Swim Center	2/26	Su	10:10am-10:40am
137890	Olney Swim Center	2/26	Su	10:10am-10:40am
137891	Olney Swim Center	2/26	Su	10:50am-11:20am

137892	Olney Swim Center	2/26	Su	11:30am-12:00pm
137893	Olney Swim Center	2/28	Tu	6:05pm-6:35pm
137894	Olney Swim Center	2/28	Tu	6:40pm-7:10pm
137895	Olney Swim Center	3/2	Th	6:05pm-6:35pm
137896	Olney Swim Center	3/2	Th	6:40pm-7:10pm
137900	Olney Swim Center	3/13	M, W	6:25pm-6:55pm
137901	Olney Swim Center	3/13	M, W	6:25pm-6:55pm
137902	Olney Swim Center	3/13	M, W	7:05pm-7:35pm

**OSC-Pre-Beginner-Level 3**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for minimum of 5 yards. Swim lessons for all ages and abilities.

**6 Sessions \$52.00**

137959	Olney Swim Center	1/7	Sa	10:40am-11:10am
137960	Olney Swim Center	1/7	Sa	12:00pm-12:30pm
137961	Olney Swim Center	1/7	Sa	1:20pm-1:50pm
137962	Olney Swim Center	1/8	Su	9:30am-10:00am
137963	Olney Swim Center	1/8	Su	10:10am-10:40am
137964	Olney Swim Center	1/8	Su	11:30am-12:00pm
137965	Olney Swim Center	1/16	M, W	7:05pm-7:35pm
137966	Olney Swim Center	1/16	M, W	7:45pm-8:15pm
137974	Olney Swim Center	2/13	M, W	7:05pm-7:35pm
137975	Olney Swim Center	2/13	M, W	7:45pm-8:15pm
137967	Olney Swim Center	2/25	Sa	10:40am-11:10am
137968	Olney Swim Center	2/25	Sa	11:20am-11:50am
137969	Olney Swim Center	2/25	Sa	12:00pm-12:30pm
137970	Olney Swim Center	2/25	Sa	12:40pm-1:10pm
137971	Olney Swim Center	2/26	Su	9:30am-10:00am
137972	Olney Swim Center	2/26	Su	10:10am-10:40am
137973	Olney Swim Center	3/4	Sa	10:50am-11:20am
137976	Olney Swim Center	3/13	M, W	7:05pm-7:35pm
137977	Olney Swim Center	3/13	M, W	7:45pm-8:15pm


**OSC-Pre-Beginner-Level 4**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

**6 Sessions \$52.00**

137978	Olney Swim Center	1/7	Sa	10:00am-10:30am
137979	Olney Swim Center	1/8	Su	10:50am-11:20am
137980	Olney Swim Center	1/16	M, W	7:05pm-7:35pm
137984	Olney Swim Center	2/13	M, W	7:45pm-8:15pm
137981	Olney Swim Center	2/25	Sa	12:00pm-12:30pm
137982	Olney Swim Center	2/26	Su	9:30am-10:00am
137983	Olney Swim Center	2/26	Su	11:30am-12:00pm
137985	Olney Swim Center	3/13	M, W	7:45pm-8:15pm

*Develop  
your child's  
awareness  
and skill in  
the water.  
Register  
them for a  
swim lesson  
today!*



**OSC-Youth-Level 1**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills.

6 Sessions					\$47.00
137986	Olney Swim Center	1/7	Sa	1:20pm-1:50pm	
137987	Olney Swim Center	1/12	Th	6:40pm-7:10pm	
137988	Olney Swim Center	1/16	M, W	6:25pm-6:55pm	
137993	Olney Swim Center	2/13	M, W	7:45pm-8:15pm	
137989	Olney Swim Center	2/25	Sa	10:00am-10:30am	
137990	Olney Swim Center	2/26	Su	9:30am-10:00am	
137991	Olney Swim Center	2/28	Tu	6:05pm-6:35pm	
137992	Olney Swim Center	3/2	Th	6:40pm-7:10pm	
137994	Olney Swim Center	3/13	M, W	7:45pm-8:15pm	

**OSC-Youth-Level 2**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions					\$47.00
137995	Olney Swim Center	1/7	Sa	11:20am-11:50am	
137996	Olney Swim Center	1/8	Su	9:30am-10:00am	
137997	Olney Swim Center	1/12	Th	6:40am-7:10pm	
137998	Olney Swim Center	1/16	M, W	7:45pm-8:15pm	
137999	Olney Swim Center	2/25	Sa	10:40am-11:10am	
138016	Olney Swim Center	2/25	Sa	12:40pm-1:10pm	
138000	Olney Swim Center	2/26	Su	10:10am-10:40am	
138001	Olney Swim Center	2/28	Tu	6:40pm-7:10pm	
138002	Olney Swim Center	3/13	M, W	7:45pm-8:15pm	

**OSC-Youth-Level 3**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions					\$45.00
138006	Olney Swim Center	1/7	Sa	12:00pm-12:30pm	
138007	Olney Swim Center	1/8	Su	10:10am-10:40am	
138008	Olney Swim Center	1/16	M, W	7:05pm-7:35pm	
138013	Olney Swim Center	2/13	M, W	7:05pm-7:35pm	
138009	Olney Swim Center	2/25	Sa	10:40am-11:10am	
138010	Olney Swim Center	2/25	Sa	11:20am-11:50am	
138015	Olney Swim Center	2/25	Sa	1:20pm-1:50pm	
138011	Olney Swim Center	2/26	Su	10:10am-10:40am	
138012	Olney Swim Center	2/26	Su	10:50am-11:20am	
138014	Olney Swim Center	3/13	M, W	7:05pm-7:35pm	

**OSC-Youth-Level 4**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Swim lessons for all ages and abilities.

6 Sessions					\$45.00
138063	Olney Swim Center	1/7	Sa	12:40pm-1:10pm	
138064	Olney Swim Center	1/8	Su	10:10am-10:40am	
138065	Olney Swim Center	1/8	Su	10:50am-11:20am	
138066	Olney Swim Center	1/16	M, W	7:45pm-8:15pm	
138070	Olney Swim Center	2/13	M, W	7:05pm-7:35pm	
138067	Olney Swim Center	2/25	Sa	11:20am-11:50am	
138068	Olney Swim Center	2/25	Sa	1:20pm-1:50pm	
138069	Olney Swim Center	2/26	Su	10:50am-11:20am	
138071	Olney Swim Center	3/13	M, W	7:05pm-7:35pm	

**OSC-Youth-Level 5**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Swim lessons for all ages and abilities.

6 Sessions					\$45.00
138072	Olney Swim Center	1/8	Su	10:50am-11:20am	
138073	Olney Swim Center	1/8	Su	11:30am-12:00pm	
138074	Olney Swim Center	1/16	M, W	7:45pm-8:15pm	
138079	Olney Swim Center	2/13	M, W	7:45pm-8:15pm	
138075	Olney Swim Center	2/25	Sa	12:00pm-12:30pm	
138076	Olney Swim Center	2/25	Sa	1:20pm-1:50pm	
138077	Olney Swim Center	2/26	Su	10:50am-11:20am	
138078	Olney Swim Center	2/26	Su	11:30am-12:00pm	
138080	Olney Swim Center	3/13	M, W	7:45pm-8:15pm	

**OSC-Youth-Level 6**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Swim lessons for all ages and abilities.

6 Sessions					\$45.00
138081	Olney Swim Center	1/8	Su	11:30am-12:00pm	
138082	Olney Swim Center	2/25	Sa	12:00pm-12:30pm	
138083	Olney Swim Center	2/26	Su	11:30am-12:00pm	

**OSC-Adult-Level 1**

Designed for teenagers and adults (14 years and older). This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Swim lessons for all ages and abilities.

6 Sessions					\$54.00
137513	Olney Swim Center	1/10	Tu	8:35pm-9:05pm	
137514	Olney Swim Center	1/12	Th	8:35pm-9:05pm	
137515	Olney Swim Center	2/28	Tu	8:35pm-9:05pm	
137516	Olney Swim Center	3/2	Th	8:35pm-9:05pm	

## Need an additional registration form?

Download one from our website at  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

*We offer many levels of swim lesson so your child has the opportunity to advance at his or her own rate.*

## OSC-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Swim lessons for all ages and abilities.

6 Sessions				\$52.00
137517	Olney Swim Center	1/7	Sa	12:40pm-1:10pm
137518	Olney Swim Center	1/10	Tu	8:00pm-8:30pm
137519	Olney Swim Center	1/12	Th	8:00pm-8:30pm
137523	Olney Swim Center	2/13	M, W	7:45pm-8:15pm
138813	Olney Swim Center	2/25	Sa	10:00am-10:50am
137521	Olney Swim Center	2/28	Tu	8:00pm-8:30pm
137522	Olney Swim Center	3/2	Th	8:00pm-8:30pm



## OSC-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Swim lessons for all ages and abilities.

6 Sessions				\$52.00
137524	Olney Swim Center	1/7	Sa	12:00pm-12:30pm
137525	Olney Swim Center	1/10	Tu	8:00pm-8:30pm
137526	Olney Swim Center	1/12	Th	8:00pm-8:35pm
137527	Olney Swim Center	2/25	Sa	10:40am-11:10am
137528	Olney Swim Center	2/28	Tu	8:00pm-8:35pm
137529	Olney Swim Center	3/2	Th	8:00pm-8:30pm

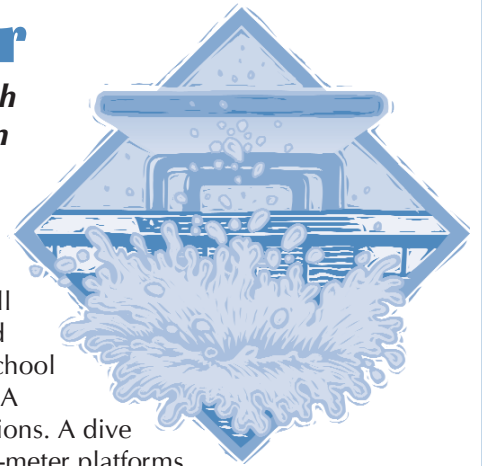
## OSC-Adult-Level 4

Designed for teenagers and adults (14 years and older) for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Swim lessons for all ages and abilities.

6 Sessions				\$52.00
137530	Olney Swim Center	1/10	Tu	8:35pm-9:05pm
137531	Olney Swim Center	1/12	Th	8:35pm-9:05pm
137532	Olney Swim Center	2/28	Tu	8:35pm-9:05pm
137533	Olney Swim Center	3/2	Th	8:35pm-9:05pm

# Germantown Indoor Swim Center

*The Germantown Indoor Swim Center is a state-of-the-art facility with approximately 60,000 gross square feet. It will include a competition pool, a recreation pool, a leisure pool, and two spas.*



## Competition Pool

The competition pool will be Germantown's Main Pool (3½ feet and deeper). This pool will attract people from all over to attend local and regional meets for RMSC and the local high school teams. The meter course will be based on FINA regulations, the yard course on NCAA regulations. A dive tower will contain 5-meter, 7.5-meter, and 10-meter platforms. The diving area will also be used for recreational swimming, deep water running, water polo, SCUBA, water safety instruction, and non-competitive training. Also, water slides as long as 200 feet will dispatch swimmers from the platform level.

## Recreation Pool

The recreation pool will be used for instruction, water exercise, general recreational activities and lap swimming. It will also contain teaching ledges for the MCRD lesson program. One of the hydrotherapy pools will be located alongside this pool. A coed sauna will be conveniently located outside the locker rooms.

## Leisure Pool

The leisure pool complements the facility so that all patrons including senior citizens, the handicapped and children will have a warm water, shallow recreation space. The pool will contain interactive water features such as kiddie slides, water umbrellas, and tumble buckets. There will also be a ramped area, as well as an area with broad shallow steps and appropriate grab rails. This pool will be used for swim lessons, adult water exercise.



**Look for us soon!**

### Germantown Indoor Swim Center

18000 Central Park Circle, South Germantown Recreational Park  
Boys, Maryland 20841

240-777-6830



# THERAPEUTIC RECREATION



## Children's Programs

### Karate for Individuals with Disabilities

**Ages 6&Up:** Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class. No class on 12/24 or 12/31.

<b>10 Forty-five minute sessions</b>	<b>\$88</b>
138775 Holiday Park SrC 12/3 Sa	9:00am
138776 Holiday Park SrC 12/3 Sa	9:45am

### **Good Sports Games and Things**

**Ages 6-12, with disabilities:** Enhance game playing skills in a friendly non-competitive setting. Sports include floor hockey, soccer, and fun interactive games. 1 staff to 6 participants.

<b>8 One hour and thirty minute sessions</b>	<b>\$35</b>
140689 Holiday Park SrC 1/14 Sa	10:30am

## Teen and Adult Programs

### Adult Swim\*

**Ages 18&Up, with disabilities:** Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 4 participants. **No personal care provided.**

<b>8 One hour and thirty minute sessions</b>	<b>\$35</b>
138736 ML King AqC 1/10 Tu	8:30pm
138737 Montgomery AqC 1/12 Th	8:00pm

### \* Coming Soon...

A new class at the new Germantown Indoor Pool. Call us for details.



## Beginning Handbuilt Pottery for Adults

**Ages 18&Up, with disabilities:** Handbuilding techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 material fee due instructor. 1 staff to 8 participants. **No personal care provided.**

<b>8 One hour sessions</b>	<b>\$63</b>
138372 Wheaton CC 1/11 W	1:30pm

## Feeling Fit with Multiple Sclerosis

**Ages 18&Up,** who would like to learn to work out independently: Includes warm up, work out, and cool down. Emphasis on learning how to develop a balanced physical activity plan. At the close of the class, participants will be able to design and begin an Individual Fitness Plan.

<b>6 One hour sessions</b>	<b>\$35</b>
138739 Holiday Park SrC 1/12 Th	3:30pm

## Moving with Multiple Sclerosis

**Ages 18&Up, with Multiple Sclerosis:** Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

<b>6 One hour sessions</b>	<b>\$35</b>
138738 Germantown CC 1/8 Sun	1:00pm

## Slow 'n Easy Aerobics

**Ages 15&Up, with disabilities:** Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 8 participants. No class on 1/16 and 2/20.

<b>8 One hour sessions</b>	<b>\$33</b>
138733 Bauer Drive CC 1/12 Th	7:00pm
138734 Wheaton CC 1/9 M	7:00pm
138735 Germantown CC 1/11 W	7:30pm

## Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested **at least 2 weeks** prior to the start of the program. Please call 301-468-4540, TTY 240-777-6974, to schedule an intake for accommodations needed.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and are not guaranteed.





# PROGRAMS

## Not sure of what you're doing next Summer?

### Summer Employment

Interested in something different? Have experience working with individuals with disabilities or work with children in a school setting? Flexible schedules! Send in a resume or call a recreation specialist for information at 301-468-4540.

### Volunteers Needed for Summer Programs

Support a child with a disability in a summer program or be an assistant in a therapeutic recreation camp.

Training provided.

Earn student service learning hours.

**Call the Volunteer Coordinator at 301-468-4540.**

## Programs to look for in the Winter Therapeutic Recreation brochure

**TR Adult Social Clubs** Register for exciting weekend activities for ages 21 and older. Come make new friends and join the fun.

**Dances for Teens and Adults** DJ, light refreshments, and opportunities for socialization. Themes include a Winter Wonderland on January 28 and a St. Patty's dance on March 11. Dances are at the Holiday Park Senior Center.

## Not on Our Mailing List?

If you would like to receive more information on TR programs or clubs, please send a postcard with the participant's name, age, address, and phone number.

Mail to: Therapeutic Recreation Mailing List  
3950 Ferrara Drive,  
Wheaton, MD 20906



Montgomery County  
**RECREATION**  
DEPARTMENT



The mission of the Montgomery County Department of Recreation is to provide high quality, diverse and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.

### Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to County Executive Douglas M. Duncan, Executive Office Building, 101 Monroe Street, Rockville, Maryland 20850.

## A Penny for your Thoughts...



Your opinion is important to us. We are genuinely interested in your experiences and appreciate your participation in our programs. Please take a few minutes to complete our customer survey.

This survey is available at [montgomerycountymd.gov/content/rec/survey.asp](http://montgomerycountymd.gov/content/rec/survey.asp).

Your comments will help us to improve our services.

# THE SPORTS



## Youth Sports

A variety of sports leagues for youth and teens are offered on a year round, countywide basis. Competitive levels exist for beginner and intermediate players.

Youth sports registration occurs on an individual or pre-formed team basis via flyers distributed quarterly through the schools. Volunteers are used to coach and implement these programs. The National Youth Sports Coaches' Association certification program is offered by the Department. Interested adults may call for coaching information.

## WINTER

Registration begins in October. League play begins January.

Basketball-Youth grades 3-8

8 Game Season

Instructional Basketball (grades 1-2)

8 Sessions

## SPRING

Registration begins in March. League play begins late April.

Baseball-Youth grades 4-9

10 Game Season

Machine Pitch Baseball-Youth grades 2-3

10 Game season

Tball-Youth grades K-1

6 Sessions

Slow Pitch Softball-Girls grades 3-12

10 Game Season

Modified Fast Pitch Softball-Girls grades 5-6

10 Game Season

Fast Pitch Softball-Girls grades 7-8

10 Game Season

Field Hockey-Girls grades 4-9

6-8 Game Season

Soccer-Instructional grades K-4

6 Sessions

## FALL

Registration begins in August. League Play begins late September.

Basketball-Youth grades 5-8

6 Game Season

Field Hockey-Girls grades 4-9

6-8 Game Season

Flag Football-Youth grades 2-8

7 Game Season

Fast Pitch Softball-Girls grades 7-8

6 Game Season

Modified Fast Pitch Softball-Girls grades 5-6

6 Game Season

Slow Pitch Softball-Girls grades 3-8

6 Game Season

Soccer-Instructional grades K-4

6 Sessions



## National Youth Sports Coaches' Association (NYSCA) certification program

Certified volunteers are needed to coach in youth basketball, flag football, in line hockey, baseball and softball. Certification includes the National Youth Sports Coaches Association (NYSCA) program. This program trains and prepares youth coaches and provides secondary liability insurance for those completing the training. Contact Corky McCorkle at 240-777-6961 for a seasonal schedule of upcoming clinics.



## OFFICIALS NEEDED

Individuals at least 16 years of age are needed to officiate games in our youth sports leagues. Salary is determined by previous officiating experience and education. For more information, call the Youth Services Team at 240-777-6961.

**Flag football**-Saturday hours, Grades 2-8. Training begins in September

**Baseball and Softball**-Saturday and Sunday hours. Grades 2-9. Training in March

**Basketball**-Saturday and/or Sunday hours. Grades 3-5. Training in late November and December.

## Holiday Hoops Basketball Camp

**Grades 2-8:** For boys and girls. Instructed by One on One Basketball, Inc. Each session includes fun drills and scrimmages to enhance offensive and defensive skills and team play. Participants should bring lunch and a drink in an unbreakable container and wear non-marking sneakers or tennis shoes. In the event of inclement weather call the recording at 240-777-6889. The new class fee is \$154. Sorry for any inconvenience.

### 4 Sessions

**\$154.00**

Instructor: Inc One on One Basketball

134918 Kingsview MS 12/26 M-Th 9:00am-3:00pm

134919 Leland CC 12/26 M-Th 9:00am-3:00pm

134920 Wheaton CC 12/26 M-Th 9:00am-3:00pm



# PAGES



## Competitive Sports

A variety of sport leagues for youth, teens, adults and seniors are offered on a year-round, countywide basis.

Adult Leagues: Register by team only. Include Men's, Women's, and Co-Rec divisions. Contact the Team office at 240-777-6961 or visit our web site [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) to obtain current information and a registration form. **Do not use the form in this publication.** Information and registration materials for adult leagues may be obtained 2 months before the beginning of seasonal league play. Individuals seeking a team placement may call and be added to a list distributed to team managers.

Senior Adult\* Sports (age 50 and up): Call Jim Ganz with Montgomery County Senior Sports Association at 301-236-9130.

## WINTER

Team Registration in October. League Play begins in December for Senior Adult, Adult and High School and January for Rising Star.

Basketball-Senior Adult and Adult 10 Game Season

Basketball-High School Recreation 8 Game Season

Rising Star Basketball (grades 6-8) 10 Game Season

Volleyball Clinics-Adult \*Refer to Instructional Sports Classes pages 57.

## Preview of Other Sports by Season:

## SPRING

Team Registration in February

In-Line Hockey-Youth (grades 1-8)

Kickball-Co-Rec

Soccer-Men's, Women's and Co-Rec

Softball-\*Senior Adult, Men's Women's, and Co-Rec

Volleyball-Men's, Women's, and Co-Rec

## SUMMER

Team Registration for Basketball in April and Softball in May

Basketball-Adult, High School Varsity, JV, and Rising Star (grades 6-8)

Softball-Men's, Women's, and Co-Rec

Softball-High School Fast Pitch

## FALL

Team Registration in July. League Play begins in September except for Softball which begins in August.

Basketball-High School Varsity, and JV

Flag Football-Co-Rec

Touch Football-Men's

In Line Hockey-Youth grades 1-8

Kickball-Co-Rec, Informal and Competitive

Soccer-Men's, Women's, and Co-Rec

Softball-Men's, Women's, and Co-Rec

Volleyball-Men's, Women's and Co-Rec

*No couch potatoes here! Your child can be in the middle of the action in our Rising Star Basketball League.*



## TEEN



## Teen Volunteer Opportunities

The Department of Recreation is always looking for teen volunteers 14 and older to make a difference in our county. Volunteers will receive student service learning hours for their service in our programs. Please call 240-777-6985 for more information and applications.

### BIG BUDDY

The Big Buddy/Little Buddy Mentoring Program pairs Montgomery County high school students with homeless children. For three hours a week, the buddies form a unique bond by playing games, reading together, playing sports, and just being friends. Once a month, the buddies as a group participate in a recreational, educational, community service and/or social event such as Adventure World, Seneca Creek State Park, or beautifying a neighborhood. There are two sessions, October through March and January through June. The application deadline for the Winter session is mid January.

### Wheaton Sports Academy

Wheaton Sports Academy is an after school program that provides Wheaton High School students the opportunity to participate in intramural sports in a safe, positive, and supervised environment. Sports such as ping pong, weightlifting, basketball and board games. Special event days offer pizza, games, prizes and a safe place to chill after school.

### Youth Advisory Committee

Applications for the Youth Advisory Committee (YAC) are available to any Montgomery County middle and high school students who wish to make a difference. YAC is appointed by the County Executive and takes action on recommendations from its peers to improve the quality of life for Montgomery County youth. YAC meets weekly on Tuesday nights from September through June. For more information, call the Affiliated office. Applications are accepted in the Spring for the following school year.

## County-wide Special Events

### Half-Day Events

On Montgomery County's Public Schools early release days, exciting seasonal half day special events are planned for both middle and high school students. Activities include swimming, ice skating, bowling, pizza parties, movie night, and dances. Contact the Affiliated Office at 240-777-6985 for more information.

### Under-21 Special Events

Exciting activities are being planned for the Winter including billiards nights, dances and more with DJ's, games, and door prizes. Snacks and refreshments are also available for purchase. School ID is required for admittance. Sponsored by the Montgomery Youth Advisory Committee. Contact the Affiliated Office at 240-777-6985 for more information.

For more information on Volunteer Opportunities for Teens, please call the Affiliated Office at 240-777-6985





# ACTIVITIES

## Do you live upcounty?

Join us for middle school dances. Dances are held at the Germantown Community Center from 7:00pm to 10:00pm. They include basketball, games, arts & crafts, and refreshments plus a DJ spinning your favorites. Winter dances are scheduled on:

November 11

December 9

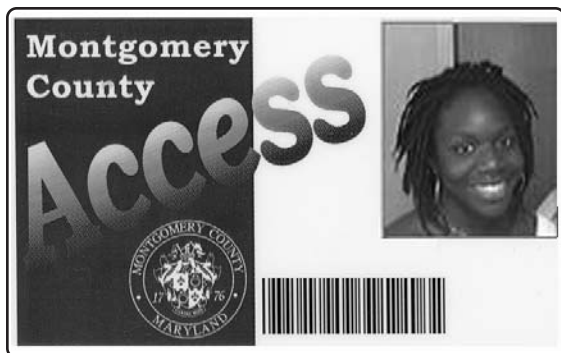
January 13

February 10

For more information, call 240-777-6940.

## We're Online!

For the latest information, schedules or brochures on any of these activities please call the Affiliated Team at 240-777-6985 or check out our web page at [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).



## I've got mine...

Do you have your ACCESS Card, yet? You will need an ACCESS Card to participate in all these great teen programs. You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes—fill out a form (parental signature required), take it to any Recreation facility, get your picture taken, and your photo card is printed on the spot. That's all it takes!

**For more information call 240-777-6820 or go to [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)**

## Regional Teen Activities

### TEEN CLUBS

Organized trips and special outings are offered through Department of Recreation sponsored Teen Clubs at most public middle and high schools. Call the Regional Office for information.



### REC EXTRA

The Montgomery County Department of Recreation is excited about Rec Extra. This program is designed to enhance after school programs with recreational activities specifically planned for that school's student body. While every Montgomery County middle school may receive additional recreation programs during their current after-school time frame, selected schools have been identified as priority schools. These priority schools have an additional day of after-school programming. Interested in a specific program at your middle school? Contact your After-School Activities Coordinator or call the Regional Office.

### AFTER HOURS

These popular Friday evening programs for middle school students are located in select Community Recreation Centers in the County. Teens can socialize with friends, participate in sports, arts and crafts, as well as special events. Call the Regional Office for more information.

For more information on Regional Teen Activities, please call the appropriate Regional Office:

East County: 240-777-4980

Mid-County: 240-777-4930

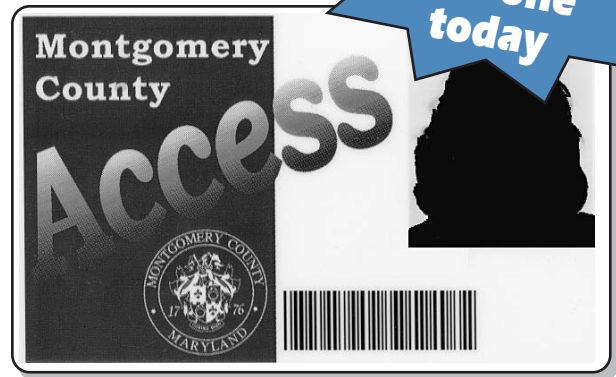
Silver Spring: 240-777-4910

Upcounty: 240-777-6940

Western Region: 240-777-6900



# Access Cards are now required for all Recreation activities!



**FREE  
Get one  
today**

## *What is an Access Card?*

It is a participant card which is scanned upon entrance to any Recreation facility.

The basic Access Card is free, and allows you access to Recreation facilities to attend those classes or activities for which you've registered.

## *One card does it all!*

No more cluttering up your wallet with separate Recreation cards for pool passes, exercise room memberships, or gym use memberships. Now all your membership information is combined on one Access Card! No more waiting in line to put your name on a community center sign in sheet – just scan your Access Card and you're ready to go!

You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes – fill out the form below, take it to any Recreation facility, get your picture taken, and your photo membership card is printed on the spot. That's all it takes!

**For more information call 240-777-6820 or go to [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)**

**Fast...  
Easy...  
Access  
to Fun!**



# CLASSES

## Winter Break Programs



### Holiday Destinations

**Ages 4-10:** A cornucopia of completely cool activities makes this the hottest place to be during the school break! Games, arts, crafts, special activities, stories and more combine in a way that becomes more fun than a child knows what to do with! Participants rotate through age appropriate activities. Half day and full day options are available for ages 5-10. 4 year olds may only register for half day option.

#### 5 Sessions **\$103.00**

Instructor: Abigail Dion

140403 Damascus CRC 12/26 M-F 9:30am-12:30pm

#### 5 Sessions **\$166.00**

Instructor: Abigail Dion

140404 Damascus CRC 12/26 M-F 9:30am-3:30pm

### Holiday Destinations Extended Day

Children registered for Holiday Destinations are invited to register for an extended day program. Supervised, informal recreational activities are provided to participants before and after Holiday Destinations. Half Day participants are eligible for AM session only.

#### 5 Sessions **\$40.00**

Instructor: Abigail Dion

140405 Damascus CRC 12/26 M-F 7:30am-9:30am

#### 5 Sessions **\$60.00**

Instructor: Abigail Dion

140406 Damascus CRC 12/26 M-F 3:30pm-6:00pm

### Club Holiday

**Ages 3-12:** Your Cruise Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. The 'Cruise' will feature organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and more. We'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for the half-day session! For more information, call 301-983-2690.

#### 5 Sessions **\$103.00**

Instructor: CTI, Coach Doug

133331 Potomac CC 12/26 M-F 9:30am-12:30pm

133333 Germantown CC 12/26 M-F 9:30am-12:30pm

#### 5 Sessions **\$166.00**

Instructor: CTI, Coach Doug

133332 Potomac CC 12/26 M-F 9:30am-3:30pm

133334 Germantown CC 12/26 M-F 9:30am-3:30pm

### Club Holiday Extended Day

Children registered for Club Holiday, are invited to register for an extended day program. Provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM session only. For more information, call 301-983-2690.

#### 5 Sessions **\$40.00**

Instructor: CTI, Coach Doug

133527 Potomac CC 12/26 M-F 7:30am-9:30am

133536 Germantown CC 12/26 M-F 7:30am-9:30am

#### 5 Sessions **\$60.00**

Instructor: CTI, Coach Doug

133531 Potomac CC 12/26 M-F 3:30pm-6:00pm

133538 Germantown CC 12/26 M-F 3:30pm-6:00pm

### Karate Clinics

**Ages 6-12:** This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered for an additional \$25, payable to TKA.

#### 4 Sessions **\$48.00**

Instructor: Company Staff: TKA, Inc.

132513 Bauer Drive CC 12/26 M-Th 9:00am-11:30am

### Winter Ventures

**Grades K-6:** Chase the boredom away with action-packed daily fun. Enjoy crafts, active games, and special themes during the week. Small group activities where children are divided by age with lots of counselor interaction make this the place to be for sparkling vacation time fun.

#### 4 Sessions **\$100.00**

137063 Bauer Drive CC 12/27 Tu-F 8:00am-4:00pm

137064 Fairland CC 12/27 Tu-F 8:00am-4:00pm

### Winter Ventures Extended Day

**Grades K-6:** Need a longer day? Children registered for Winter Ventures may also register for an extended day and enjoy more supervised recreational activities.

#### 4 Sessions **\$24.00**

137067 Bauer Drive CC 12/27 Tu-F 4:00pm-6:00pm

137068 Fairland CC 12/27 Tu-F 4:00pm-6:00pm



**Fast, easy online registration  
with RecWeb at  
[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)**

## Arts & Crafts for Youth

Register early for youth programs to avoid disappointment. Teens may register for adult classes if age appropriate.

### Little Linguists

**Ages 4-7:** Learn a foreign language through art! A fun, creative and enjoyable way to expose children to a foreign language. Children quickly pick up language while having fun. Build vocabulary through creative art projects. Class also incorporates some Spanish music, drama, and stories. No adult participation required. \$8 material fee due instructor at first class.

**9 Sessions \$91.00**  
Instructor: Sandra Aresta  
138130 Leland CC 1/19 Th 4:15pm-5:00pm



### Abrakadoodle®'s Doodlers

**Age 6-12:** Discover a new master artist each week, then create your own masterpieces using the artist's style, materials, and techniques! Fun, hands-on classes create a safe space to learn as you experiment with paints and pastels, collage, origami, bamboo brushes, modeling compounds and more. Complete a piece of artwork during each class session; pieces are framed and sent home ready for display. Learn beginning and advanced techniques while developing art appreciation. Not just for the future artists among us. Classes are structured to bolster self-confidence and pride in creating a finished product, while teaching art history, techniques and skills. \$30 material fee due to instructor at first class.

**4 Sessions \$32.00**  
Instructor: Abrakadoodle

138619	Leland CC	1/23	M	4:00pm-5:00pm
138621	Leland CC	1/28	Sa	11:00am-12:00pm
138620	Wheaton CC	2/4	Sa	2:00pm-3:00pm
138623	Wheaton CC	2/4	Sa	1:00pm-2:00pm
138615	Germantown CC	2/6	M	4:00pm-5:00pm
138616	Bauer Drive CC	2/7	Tu	4:00pm-5:00pm
138617	Bauer Drive CC	2/7	Tu	5:00pm-6:00pm
138618	Potomac CC	2/9	Th	4:00pm-5:00pm

*My child learned hands coordination, colors and interest in painting.*

### Art Destinations Club

**Ages 7&Up:** Take a trip around the world doing many local crafts. In Mexico make a worry doll, then to the southwest to try Native American weaving. Finally we journey to Africa to create a water bowl out of paper mache. Come have fun and be creative. \$35 material fee due instructor at first class.

**6 Sessions \$63.00**  
Instructor: Abigail Dion  
139073 Damascus CRC 1/28 Sa 12:00pm-1:00pm

### Family Fun-Pottery with Abby

**Ages 8&Up:** Adult participation and registration required with children age 8-15. Discover different ways of building clay by hand. Learn creative approaches to the wheel. Clay is self-hardening. \$30 material fee per person, extra fees charged for additional clay.

**5 Sessions \$50.00**  
Instructor: Abigail Dion  
139074 Damascus CRC 1/28 Sa 10:30am-11:30am

### Family Pottery with CREATE

**Ages 7&Up:** Adult participation and registration required with child. We'll find what interests both child and adult so they may work together or independently. Finished work will be fired in our kiln, then glazed and fired again. Finishes other than glaze will also be covered. Each person will finish many projects. \$40 material fee due instructor per family.

**8 Sessions \$85.00**  
Instructor: Create Art Center  
137263 Create Arts Center 1/8 Su 5:30pm-7:00pm

### Handbuilt Pottery for Children

**Ages 8&Up:** Adults welcome to register too. Come have fun with clay. Learn how to do a coil pot and have it look like you threw it on the wheel. Discover other clay methods including some work on the wheel. No glazing, material fee (due instructor) of \$30 covers 15 lbs of clay. Self-hardening clay used. Extra charge for more clay.

**6 Sessions \$63.00**  
Instructor: Abigail Dion  
139122 Damascus CRC 2/2 Th 5:30pm-6:30pm



### Cakes for Kids

**Ages 9&Up:** Families welcome, but parent participation not required. Discover the secrets to frosting a cake. Learn how to make different types of frosting and use different frosting tips and techniques. Bring a cake the second week and third week. \$22 material fee due instructor at class.

**3 Sessions \$40.00**  
Instructor: Abigail Dion  
139119 Longwood CC 1/23 M 6:30pm-8:00pm



**Cakes for Kids Part 2**

**Ages 9&Up:** Families welcome, but parent participation not required. Learn more about creative cake decorating, plus create some special holiday cakes. Some experience required. \$22 material fee due instructor at first class.

**4 Sessions** **\$52.00**

Instructor: Abigail Dion  
139120 Longwood CC 2/27 M 6:30pm-8:00pm

**Cartooning Workshop**

**Ages 9-14:** Explore the many forms of cartoon drawing, caricatures, humorous cartoons and apply your powers of imagination to a variety of projects. Bring drawing pad, pencils, magic markers, tempera colors, eraser, brushes. Finish two projects of your choice. \$5 material fee due to instructor.

**1 Session** **\$28.00**

Instructor: B.J. Asher  
138777 Gwendolyn Coffield CC 1/26 Th 4:00pm-5:30pm  
138778 Wheaton CC 1/28 Sa 3:00pm-4:30pm  
138779 Gwendolyn Coffield CC 2/16 Th 4:00pm-5:30pm  
138781 Wheaton CC 2/27 M 4:00pm-5:30pm

**Arts & Crafts for Adults****Fine Arts****Drawing on the Right Side of Brain**

**Ages 12&Up:** Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Winter theme: Portraits. Bring drawing paper, pencils (HB, B1, B4), erasers or \$20 for materials fee due instructor. \$5 hand out fee.

**6 Sessions** **\$66.00**

Instructor: Yolanda Prinsloo  
137627 Potomac CC 1/23 M 6:30pm-8:00pm

**Oil Painting**

**Ages 12&Up: Beginning/Advanced:** Discover techniques in painting with oil, still life, portraiture, landscapes: composition, perspective, color theory, light, shadow and more. Demonstrations on winter and summer landscapes. \$50 material fee due to instructor or call instructor at 240-777-6870 for material list. Bring paper towels.

**10 Sessions** **\$141.00**

Instructor: Yolanda Prinsloo  
137625 Potomac CC 1/8 Su 6:00pm-8:00pm

**A Penchant for Art**

**Ages 18&Up:** This is your 'day out' opportunity! We give you a comfortable environment for self-expression through art. No previous art experience necessary. The focus is not on learning art techniques but on self-expression. Explore drawing, painting, collage, clay, photography, puppet making, and more! Share ideas if you wish, self expression is the key. Material list provided.

**8 Sessions** **\$115.00**

Instructor: Create Art Center  
139069 Create Arts Center 1/9 M 6:00pm-8:00pm

**Painting Flowers with Kritt**

**Ages 18&Up: Beg/Int:** Use watercolor or acrylics. Create large, lovely close up paintings of the flowers you love. Learn how to use color and value to show how petals and leaves bend and intertwine. Call 301-989-1799 for supply list. \$5 handout fee due instructor.

**4 Sessions** **\$67.00**

Instructor: Penny Kritt  
138715 Kritt Studio 1/9 M 10:00am-12:00pm

**5 Sessions** **\$83.00**

Instructor: Penny Kritt  
138716 Kritt Studio 1/10 Tu 7:00pm-9:00pm

**Portraits in Watercolors with Kritt**

**Beg/Int:** Acrylic or Watercolors. Work from tracings, so drawing isn't required. Create an heirloom of someone you love. Learn how to paint skin tones, hair and expressions that capture emotions. Call 301-989-1799 for supply list. \$5 handout fee due instructor.

**6 Sessions** **\$100.00**

Instructor: Penny Kritt  
138730 Kritt Studio 2/14 Tu 7:00pm-9:00pm

**Painting the Landscape with Kritt**

**Ages 18&Up: Beg/Int:** Learn to paint rivers and oceans, mountains and sunsets. Show seasons and time of day as well as weather conditions. Maybe you'll show the same scene in July and January! Acrylic or Watercolors. Call 301-989-1799 for supply list. \$5 handout fee due instructor.

**4 Sessions** **\$67.00**

Instructor: Penny Kritt  
139242 Kritt Studio 1/9 M 7:00pm-9:00pm

**5 Sessions** **\$83.00**

Instructor: Penny Kritt  
139249 Kritt Studio 2/13 M 7:00pm-9:00pm

**6 Sessions** **\$100.00**

Instructor: Penny Kritt  
139243 Kritt Studio 2/14 Tu 10:00am-12:00pm

**Painting Still Life with Penny Kritt**

**Ages 18&Up: Beg/Interm:** Create a painting about the things that are most important in your life-grandma's tea set, dad's tools or your Spiderman ring! Acrylic or Watercolors. Call 301-989-1799 for supply list. \$5 handout fee due instructor.

**5 Sessions** **\$83.00**

Instructor: Penny Kritt  
138729 Kritt Studio 1/10 Tu 10:00am-12:00pm

**Textures in Still Life with Kritt**

**Ages 18&Up: Beg/Int:** Acrylic or Watercolors. Do you want to paint a still life with a basket, a crystal vase or a shiny metal object; or learn how to paint pearls and lace? Learn how to capture all sorts of items in an elegant composition. Call 301-989-1799 for supply list. \$5 handout fee due instructor.

**5 Sessions** **\$83.00**

Instructor: Penny Kritt  
138731 Kritt Studio 2/13 M 10:00am-12:00pm

*...just keep  
up the good  
work!*

## Photography

### Basic Photography

**Ages 13&Up:** This course is intended for those who want to learn basic photographic skills. Learn how cameras both digital and film work and how to use different lenses and other equipment. Emphasis is on learning basic photographic techniques and using them creatively. Portrait lighting and use of flash is covered. Class includes assignments and a field trip on the Saturday following the third class. Pictures taken will be shown and discussed in class.

**6 Sessions \$90.00**

Instructor: George DeBuchananne  
136965 Bauer Drive CC 1/23 M 7:00pm-10:00pm

### Close Up Photography

**Ages 16&Up:** Enrollment limited. Experience with SLR camera helpful. Take first class close-up (macro) photographs of subjects like flowers, coins, stamps, bugs, jewelry, etc. Learn the tricks of the trade in a one day workshop. Techniques described for all types of cameras, but participants will work with a 35mm single lens reflex (SLR). Equipment provided, but student may bring personal equipment too. Some lecture and lots of hands-on time. Actual photographs will be taken and reviewed in the session. Bring items you wish to photograph. \$9 material fee due to instructor.

**1 Session \$65.00**

Instructor: Lewis Vendetti  
136963 Ross Boddy CC 2/4 Sa 10:00am-3:30pm



*New to digital photography? Our classes can introduce you to the new age of photography.*

### Open Darkroom-Photography

**Ages 16&Up:** For the experienced B&W darkroom worker who needs a darkroom. Instructor available for technical support. Room equipped with six enlargers and processing area. Material fee includes basic chemistry for film and prints. Workers wishing to use special chemistry must bring their own in clearly labeled containers. Film and paper are supplied by workers. Attend any time during the session. Potential applicants with questions call the instructor at 301-774-4319. \$10 material fee due instructor at first class.

**7 Sessions \$155.00**

Instructor: Lewis Vendetti  
136964 Ross Boddy CC 1/19 Th 4:00pm-8:00pm

## From Capture to Print

**Ages 18&Up:** Understand, setup and operate your own digital photography system. Do you want to learn how to reduce your photographic processing fees? Wouldn't it be great to be able to take a photograph with a digital camera or scan a slide or negative and print out professional quality print? Learn about color management theory, digital cameras, scanners, color photo printers, image-editing programs, and paper selection. Bring a notepad. \$13 material fee due instructor at class.

**1 Session \$42.00**

Instructor: Mark Sincevich  
138625 Potomac CC 1/18 W 6:00pm-9:00pm  
138626 Leland CC 2/15 W 6:00pm-9:00pm

## How to Take Better Digital Photos

**Ages 18&Up:** Learn how to increase the quality of your photos. You could spend hours and days reading the digital camera manual OR you could come to class to get an accelerated start. Learn basic photography skills as they relate to your camera, accessories you will need but didn't think to purchase, and what you have to do to take better quality photographs. Leave the class with great information that you can use immediately and with increased confidence in the digital photography world. Bring a notepad and \$13 material fee due instructor.

**1 Session \$32.00**

Instructor: Mark Sincevich  
138627 Potomac CC 1/25 W 6:00pm-8:00pm  
138628 Leland CC 3/15 W 6:00pm-8:00pm

## Digital Photography Now

**Ages 18&Up:** In this in-depth intermediate seminar, you'll learn how to understand the digital photographic environment including: color management theory, digital cameras, scanners, color photo printers, image-editing programs, and paper selection. Appropriate for those interested in going totally digital or partially digital. Leave this seminar more informed about digital cameras, scanners, computer software, color photo printers and specialized paper. Note: This takes the principles of the seminar, 'From Capture to Print' and expands upon them for greater understanding and application. Bring a notepad, bag lunch and \$49 material fee due to instructor at class.

**1 Session \$75.00**

Instructor: Mark Sincevich  
138624 Germantown CC 3/18 Sa 10:00am-3:30pm

## Pottery

### Handcrafted Pottery 1

**Ages 16&Up:** All levels: Introduction to techniques used in hand building pieces of functional and decorative pottery, and introduction to the potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$30 material fee includes 25 pounds of clay and firing, fee due instructor.

**10 Sessions \$156.00**

Instructor: Pamela Reid  
137363 Wheaton CC 1/11 W 10:00am-12:30pm  
137364 East County CC 1/11 W 6:30pm-9:00pm

### Pottery with CREATE

**Ages 18&Up: Beg/Int:** Explore easy basic techniques to create simple and elaborate works of art. Create utilitarian objects, vessels, plates and sculptural objects such as masks, people and animals. Class time with instructor 10-12, on your own studio time 12-2pm. \$40 material fee due instructor at first class.

**8 Sessions \$200.00**

Instructor: Create Art Center  
139070 Create Arts Center 1/13 F 10:00am-2:00pm



**Pottery at Leland**

**Ages 12&Up:** All levels: Introduction to techniques used in handbuilding pieces of functional and decorative pottery. Techniques based on African, Mayan pottery, sculpture and introduction to the wheel. \$25 material fee due instructor at first class.

**10 Sessions** **\$125.00**

Instructor: Yolanda Prinsloo  
137626 Leland CC 1/12 Th 7:00pm-9:00pm

**Pottery at Coffield**

**Ages 16&Up:** All levels: Introduction to techniques used in slab making, press molding, tile designing, glazing, firing and limited basic wheel centering. Bring scissors, set of brushes, 4 inch bowl, masking tape, pottery tools. \$35 material fee due to instructor at first class.

**8 sessions** **\$150.00**

Instructor: Reuben Renner  
140840 Coffield CC 1/11 W 6:00pm-9:00pm

**Handcrafted Pottery**

**Ages 15&Up: Int/Adv:** Combination wheel and hand building. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Bring home finished pieces completely glazed and fired. Share wheel time. Bring old towel, dry cleaner plastic wrap, various small textured objects and \$30 material fee due to the instructor at first class.

**9 Sessions** **\$169.00**

Instructor: Valerie Haber  
137463 Germantown CC 1/11 W 6:00pm-9:00pm

**Handcrafted Pottery 2**

**Ages 16&Up: Adv/Int:** Previous experience with clay, wheelworking or handbuilding required. Work on individual projects with instructor's guidance. New techniques introduced, explore glaze making. Bring clay tools and old towel. \$30 material fee includes firing fees due instructor first day.

**10 Sessions** **\$125.00**

Instructor: Pamela Reid  
137365 Wheaton CC 1/12 Th 7:00pm-9:00pm

**10 Sessions** **\$156.00**

Instructor: Pamela Reid  
137366 Wheaton CC 1/9 M 10:00am-12:30pm

**Pottery Decorations**

**Ages 16&Up:** Introduction to pottery design. Discover new and exciting techniques for decorating pottery using colored clays, textures, stamping, resist, maskings and more! Finish small platters for each technique. Bring basic pottery tools, towels, and bucket for water. \$30 material fee due instructor at first class.

**8 Sessions** **\$150.00**

Instructor: Anjali Gulati  
138713 Leland CC 1/23 M 6:30pm-9:30pm  
138714 Bauer Drive CC 1/24 Tu 6:30pm-9:30pm

**Pottery-Open Studio**

**Ages 16&Up:** For the experienced potter who needs space to work on projects. Instructor available for technical support, glazes for cone 6 firings, and timely firing of pieces. Room equipped with wheels, slab roller and extruder. Bring clay tools, old towels. Space is limited. Attend any four hours during your open studio time. Material and firing fees vary based on production.

**10 Sessions** **\$186.00**

Instructor: Pamela Reid  
137614 Ross Boddy CC 1/10 Tu 6:30pm-9:30pm  
137613 Ross Boddy CC 1/10 Tu, Th 10:00am-2:00pm

**Stained Glass****Leaded**

**Ages 18&Up:** Learn glass cutting, soldering, the use of glass working tools, techniques and terminology as you are guided step by step through several projects of increasing challenge. Bring a bag lunch for Saturday class. \$30 materials fee payable to instructor covers consumables, personal equipment, and use of tools.

**2 Sessions** **\$88.00**

Instructor: Fran Asbeck  
137621 Ross Boddy CC 2/18 Sa 9:30am-4:00pm

**5 Sessions** **\$88.00**

Instructor: Fran Asbeck  
137620 Ross Boddy CC 1/10 Tu 7:00pm-9:30pm

**Copper Foil**

**Ages 18&Up:** Build on the basic skills learned in a Leaded Stained Glass course (prerequisite) and discover the modern copper foil technique of stained glass crafting. Several projects, tailored to your skill level assigned, or bring ideas of your own. Copper foil enables a higher degree of detail in glass than is practical using lead came, and is authentic to the glass decorative arts of the Victorian period. Bring a bag lunch for Saturday class. \$18 material fee due to instructor covers supplies unique to copper foil, glass for the first two projects and use of tools.

**2 Sessions** **\$88.00**

Instructor: Fran Asbeck  
137624 Ross Boddy CC 3/11 Sa 9:30am-4:00pm

**5 Sessions** **\$88.00**

Instructor: Fran Asbeck  
137623 Ross Boddy CC 2/21 Tu 7:00pm-9:30pm

***I learned  
how to begin  
stained glass!***

**Find a mistake?**

We try our best to include something for everyone. Since some people like to find errors, we regularly include a few!

## Crafts



### Knit, Quilt, Cross Stitch

**Ages 18&Up:** Design and knit a scarf, quilt a pillow, design and create a cross stitch picture. Study design elements using complimentary and contrasting colors and textures. Other textile ideas can be considered, time permitting. Material list provided at first class.

**8 Sessions \$115.00**

Instructor: Create Art Center

139072 Create Arts Center 1/10 Tu 10:00am-12:00pm

### Stone Carving for Beginners

**Ages 18&Up:** Carve alabaster of various colors with rasps, files and sandpaper. Create one or two small sculptures and mount them on bases or create one or two pendants or amulets. From hard work comes surprising results that are very rewarding. \$50 material fee due instructor at first class.

**8 Sessions \$115.00**

Instructor: Create Art Center

139071 Create Arts Center 1/12 Th 10:00am-12:00pm

### Furniture Painting

**Ages 16&Up:** Bring your favorite chair, stool or piece of furniture (size constraint-it must fit in a compact car) and learn the art of painting to match your favorite fabric or be creative with your own design. \$35 material fee due to instructor at the first class.

**3 Sessions \$55.00**

Instructor: Abigail Dion

139121 Longwood CC 2/3 Tu 6:00pm-7:30pm



### Bath and Beauty Products

**Ages 12&Up:** Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due instructor.

**1 Session \$28.00**

Instructor: Donna Weeks

137169 Damascus CRC 2/2 Th 7:00pm-9:00pm

## Stained Glass and Pressed Flower Art

**Ages 12&Up:** This combination of iridescent stained glass and pressed flowers is a wonderful way to express your talents. Begin with pressed flowers, leaves and vines, then create your design on the stained glass. Once completed, you will then add a layer of clear glass, seal with copper foil and you'll have a work of art to display in your home or office. You'll make a practice piece that can be used as a card or frame it to hang anywhere in your home. Material fee \$8 due instructor.

**1 Session \$35.00**

Instructor: Donna Weeks

137118 Bauer Drive CC 1/18 W 6:30pm-9:30pm

## NEW Beaded Bracelet & Earrings/ Seniors

**Ages 55&Up:** Join us and learn to make bracelets and earrings. In our first class learn to choose stringing materials, use crimp beads and tools, and make a single strand bracelet using unique glass beads. In the second class learn to use simple tools to make earrings, and then have time to make another bracelet as well. Easy to do, but does require nimble fingers. \$5 material fee due instructor at first class.

**2 Sessions \$40.00**

Instructor: Donna Weeks

139271 Long Branch CC 3/1 W 10:00am-12:00pm

## NEW Multi Strand Illusion Necklace

**Ages 12&Up:** You've seen illusion necklaces before, but this one is really different. If you can tie a knot, you'll be successful making this necklace! It's made with dozens of beads on multiple strands of 'invisible' string, and then braided together with a clasp for a finishing touch. A unique way to bead, and you'll love the results. \$8 material fee due instructor.

**1 Session \$35.00**

Instructor: Donna Weeks

137119 Bauer Drive CC 1/25 W 6:30pm-9:30pm

## Jewelry Basics

**Ages 12&Up:** Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one-of-a-kind designs. Bring small needle nosed pliers and wire cutters to class if you have them. \$15 material fee due instructor.

**1 Session \$35.00**

Instructor: Donna Weeks

137120 Bauer Drive CC 2/1 W 6:30pm-9:30pm

## NEW Earrings, Earrings, Earrings.

**Age 12&Up:** Tired of never having just the right earrings to go with your favorite clothes? Then this is the class for you. We'll learn the basics of earring construction from making loops, to choosing the tools and then move on to making some one-of-a-kind earrings to add to our jewelry collection. You'll have time to complete several pairs in class. Very easy to do, and just think of the money you'll be saving! \$10 material fee due to instructor.

**1 Session \$35.00**

Instructor: Donna Weeks

137121 Bauer Drive CC 2/8 W 6:30pm-9:30pm





**Chandelier Earrings**

**Ages 13&Up:** Discover how to work with head pins, beads, wire components and findings to create the latest fashion trend, chandelier earrings. Although very easy to make, it does require nimble fingers. Make them any length from short to shoulder sweepers. \$10 material fee due instructor.

**1 Session** **\$35.00**

Instructor: Donna Weeks  
137164 Bauer Drive CC 3/1 W 6:30pm-9:30pm

**Wire Jewelry**

**Ages 13&Up:** Come join us and see how easy it is to work with jewelry wire to create your own unique designs. Learn to make jewelry using wire, beads and a few tools. Discover how to make spirals, cages and more to make a bracelet or necklace and matching earrings. Also learn how to make your own tools to work with jewelry wire. \$10 material fee due instructor at first class.

**2 Sessions** **\$40.00**

Instructor: Donna Weeks  
137122 Bauer Drive CC 2/15 W 6:30pm-8:30pm

**NEW Mosaic Quilt Wall Hanging**

**Ages 12&Up:** Learn to work with tiles, stained glass, and mosaic pieces to create this geometric quilt pattern. Mosaic art has been with us for thousands of years, but it was never this easy! The stained glass quilt pattern has been pre-cut so all you do is glue, and grout. \$10 material fee due instructor.

**1 Session** **\$35.00**

Instructor: Donna Weeks  
137163 Bauer Drive CC 2/22 W 6:30pm-9:30pm

**NEW Mosaic Birdhouse**

**Ages 12&Up:** Our feathered friends will love you for providing this mosaic house for them. Or maybe you'll prefer to keep it inside to spruce up your own home. In any case, this birdhouse is sure to be a favorite. Easy to do, just glue the mosaic glass and tiles into place, let it dry, and then grout. Release your inner talent and be the envy of all the birds in the neighborhood. \$12 material fee due instructor.

**2 Sessions** **\$40.00**

Instructor: Donna Weeks  
137171 Damascus CRC 2/23 Th 7:00pm-9:00pm

**NEW Mosaic Table Top**

**Ages 12&Up:** Learn how to use this ancient art form to create this useful table top. All the stained glass has been cut for you, so just glue the pattern down and finish the background with mosaic pieces. Instructor will inform you where to buy the base required for the table. \$20 material fee due instructor at first class.

**2 Sessions** **\$40.00**

Instructor: Donna Weeks  
137170 Damascus CRC 2/9 Th 7:00pm-9:00pm

**Dance for Youth**

To offer the highest quality program, child must be the right age at the start of class. Parents may be requested to wait outside the room during class time.

**Preschool Dance by Jazzmatazz**

**Ages 3-4:** An introduction to dance through creative movement using a variety of musical styles that children love. Children must be potty trained. Leotards, tights and well fitted leather ballet slippers, in the colors of your choice, are the dress requirements for class.

**10 Sessions** **\$75.00**

Instructor: Betsy Saunders  
137615 Long Branch CC 1/7 Sa 9:15am-10:00am  
137616 Long Branch CC 1/7 Sa 10:15am-11:00am  
Instructor: Miss Krissi  
137617 Fairland CC 1/7 Sa 10:15am-11:00am

**All About Dance!**

**Ages 3-5:** Discover a very fun way to introduce dance to your young child. Class emphasizes rhythm and coordination. Wear comfortable clothes.

**8 Sessions** **\$60.00**

Instructor: Denise Schattenberg  
137813 Upper County CC 1/9 M 1:00pm-1:45pm  
137815 Longwood CC 1/12 Th 1:00pm-1:45pm

**Kids Dance**

**Ages 3-6:** You will want to sign up quickly for this popular fun class! Join the fun as we introduce young children to the world of dance emphasizing rhythm, coordination and dance. For information on Ms. Aresta's (Leland) classes only call 301-654-9680.

**9 Sessions** **\$68.00**

Instructor: Grace Oleson  
137776 Potomac CC 1/10 Tu 3:30pm-4:15pm  
138122 Germantown CC 1/12 Th 10:00am-10:45am  
Instructor: Sandra Aresta  
138113 Leland CC 1/18 W 3:30pm-4:15pm  
138129 Leland CC 1/21 Sa 10:00am-10:45am

**PreBallet by Jazzmatazz**

**Grades K-1:** An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted leather ballet slippers, in the colors of your choice, are the dress requirements for class.

**10 Sessions** **\$75.00**

Instructor: Miss Krissi  
137618 Fairland CC 1/7 Sa 11:15am-12:00pm  
Instructor: Miss Betsy  
137619 Long Branch CC 1/7 Sa 11:15am-12:00pm



*Dance is an excellent way for kids to stay in shape while having fun.*



### Ballet

**Ages 5-8 at Potomac CC, Ages 3-5 at Germantown**  
Introduction to the basic movements of ballet and its terminology.

**10 Sessions \$75.00**

Instructor: Grace Oleson

138119 Potomac CC 1/10 Tu 4:30pm-5:15pm

138120 Germantown CC 1/12 Th 11:00am-11:45am

### Tap, Ballet & Jazz

**Beginner:** A combination class introducing tap, ballet and jazz dance, emphasizing basic exercises, combinations, and creativity. Questions for DeLuca's class-call Rowena DeLuca at 301-593-0618 or e-mail [ladyrowena@aol.com](mailto:ladyrowena@aol.com), Questions for Aresta's class (Leland) call Sandra Aresta at 301-654-9680.

**8 Sessions \$60.00**

Instructor: Rowena DeLuca

**Ages 4-6**

137816 Longwood CC 1/12 Th 4:00pm-4:45pm

137818 North Four Corners LP 1/14 Sa 8:00am-8:45am

137819 North Four Corners LP 1/14 Sa 9:00am-9:45am

**Ages 7-14**

137817 Longwood CC 1/12 Th 5:00pm-5:45pm

137820 North Four Corners LP 1/14 Sa 10:00am-10:45am

**9 Sessions \$68.00**

Instructor: Sandra Aresta

**Ages 4-7**

137821 Leland CC 1/18 W 4:15pm-5:00pm

137822 Leland CC 1/21 Sa 11:00am-11:45am

*Ballet, tap, jazz, folk dance, and even hip hop — we have a dance class that's right for your child!*



### Tap, Ballet & Jazz

**Ages 6-14: Intermediate:** A continuing class for those who have taken the beginning level. Before registering contact instructor 301-593-0618 about appropriate placement.

**8 Sessions \$60.00**

Instructor: Rowena DeLuca

137824 Longwood CC 1/12 Th 6:00pm-6:45pm

137823 North Four Corners LP 1/14 Sa 11:00am-11:45am

### Tap, Ballet & Jazz w/Parents

**Ages 4&Up:** Join the fun! Beginners: Parent and child receive instruction together. The fee is per person. A parent must register.

**8 Sessions \$60.00**

Instructor: Rowena DeLuca

137825 North Four Corners LP 1/14 Sa 12:00pm-12:45pm

### NEW Hip Hop/Street Jazz

**Ages 7-14:** This fun class uses contemporary up tempo hip hop music coupled with rhythmic sequences to exercise body control, movement, flexibility, and rhythm. Learn the latest dance moves and choreographed routines along with performance skills. Instruction in strengthening, choreography, eight count dance sequences, popping and locking, freestyling, leaps, jumps, kicks, and body control. Performance for family and friends on the last day of class. \$10 t-shirt fee due instructor at first class.

**10 Sessions \$75.00**

Instructor: Day Dream Dance

137014 Plum Gar CC 1/13 F 5:00pm-6:00pm

### Anna's Dance Sampler for Kids

**Ages 9-13:** Introduction to a sampling of international as well as American folk dancing. Emphasis will be on basic steps, dances, dance etiquette.

**10 sessions \$75**

Instructor: Anna Pappas

140839 Germantown CC 1/10 Tu 3:45pm-4:45pm

## Dance for Adults

For further information, contact the instructor directly.

### Tap & Jazz

For further information, please call 301-593-0618 or email [ladyrowena@aol.com](mailto:ladyrowena@aol.com).

### Tap & Jazz

**Ages 16&Up:** Beginning Instruction into Tap and Jazz for people over 16.

**8 Sessions \$60.00**

Instructor: Rowena DeLuca

138202 North Four Corners LP 1/14 Sa 1:00pm-1:45pm

### Tap Dance for Adults

**Beginner:** An introduction to the basics of tap and its terminology.

**8 Sessions \$60.00**

Instructor: Rowena DeLuca

138205 Cap Vw-Hmwd LP 1/11 W 6:00pm-6:45pm

138206 Fairland CC 1/13 F 10:00am-10:45am

### Tap Dance for Adults

**Intermediate:** A continuation for anyone who has taken the beginner class.

**8 Sessions \$60.00**

Instructor: Rowena DeLuca

138207 Cap Vw-Hmwd LP 1/11 W 7:00pm-7:45pm

138208 Fairland CC 1/13 F 11:00am-11:45am



**Tap Dance for Adults Advanced****8 Sessions \$60.00**

Instructor: Rowena DeLuca

138203 Cap Vw-Hmwd LP 1/11 W 8:00pm-8:45pm

138204 Fairland CC 1/13 F 12:00pm-12:45pm

**Ballroom Dance**

Instructors: Joe Kim 301-774-3126,  
Paul Mola 301-315-6226, Tony Seleme 202-  
537-6739, Rebecca McKinney 202-669-7723,  
Thomas Woll, 703-591-3839.

**Ballroom I Beginners (Couples)****Beginner:** Covers standard ballroom dance favorites.**8 Sessions \$103.00**

Instructor: Tony Seleme

138154 Bauer Drive CC 1/9 M 7:00pm-8:00pm

Instructor: Rebecca McKinney

138158 Bethesda ES 1/9 M 7:00pm-8:00pm

Instructor: Thomas Woll/Wagaman

138157 Upper County CC 1/11 W 6:30pm-7:30pm

Instructor: Paul Mola

138156 Leland CC 1/12 Th 7:30pm-8:30pm

Instructor: Thomas Woll/Ann Basso

138155 Glenmont LP 1/12 Th 7:00pm-8:00pm

Instructor: Joe Kim

138159 Olney ES 1/13 F 7:30pm-8:30pm

**Ballroom III (Couples)****Intermediate/Advanced****8 Sessions \$103.00**

Instructor: Thomas Woll, Ann Basso

138166 Gwendolyn Coffield CC 1/10 Tu 8:00pm-9:00pm

**Ballroom IV (Couples)****Advanced:****8 Sessions \$103.00**

Instructor: Thomas Woll, Ann Basso

138167 Glenmont LP 1/12 Th 9:00pm-10:00pm

**Ballroom Practice & Party (Couples)**

**Beginner/low Intermediate:** Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. Two potluck dinners during the course. \$20 per couple parties set-up fee due instructor. (3 hour class).

**8 Sessions \$148.00**

Instructor: Tony Seleme

138168 Holiday Park SrC 1/13 F 7:00pm-10:00pm

**Ballroom Wedding Dances (Couples)**

**Beginner:** Learn dance routines for that blissful occasion: Foxtrot, Swing, and Waltz.

**8 Sessions \$103.00**

Instructor: Rebecca McKinney

138173 Holiday Park SrC 1/10 Tu 7:00pm-8:00pm

Instructor: Thomas Woll

138174 Upper County CC 1/11 W 7:30pm-8:30pm

**Foxtrot (Couples)**

Covers the basics of the Foxtrot and polish their skills as they perfect this elegant dance.

**8 Sessions \$103.00**

Instructor: Tony Seleme

138466 Argyle LP 1/12 Th 7:00pm-8:00pm

**Hustle & Swing****Hustle**

For all dancers that want to spice up their dancing repertoire. Learn or perfect this fun popular dance.

**Tony Seleme's Class is for Singles. Paul Mola's Class is for Couples Only.**

**8 Sessions \$52.00**

Instructor: Tony Seleme

138195 Ken-Gar Palisades LP 1/10 Tu 8:00pm-9:00pm

**8 Sessions \$103.00**

Instructor: Paul Mola

138913 Sequoyah ES 1/10 Tu 8:30pm-9:30pm

**Ballroom I (Singles & Couples)**

**Beginner:** Students change partners frequently. Class fee per single registrant.

**8 Sessions \$52.00**

Instructor: Tony Seleme

138381 Ken-Gar Palisades LP 1/10 Tu 7:00pm-8:00pm

Instructor: Thomas Woll, Steve Greenblat

138175 North Four Corners LP 1/9 M 7:30pm-8:30pm

**Ballroom II (Couples)****Intermediate:** Prerequisite: Beginner ballroom course.**8 Sessions \$103.00**

Instructor: Tony Seleme

138162 Bauer Drive CC 1/9 M 8:00pm-9:00pm

Instructor: Rebecca McKinney

138164 Bethesda ES 1/9 M 8:00pm-9:00pm

Instructor: Paul Mola

138163 Sequoyah ES 1/10 Tu 7:30pm-8:30pm

139659 Leland CC 1/12 Th 8:30pm-9:30pm

Instructor: Thomas Woll, Ann Basso

138160 Glenmont LP 1/12 Th 8:00pm-9:00pm

Instructor: Joe Kim

138161 Olney ES 1/13 F 8:30pm-9:30pm

**Swing for Singles**

Single and Triple Swing.

**8 Sessions \$52.00**

Instructor: Tony Seleme

138463 Ken-Gar Palisades LP 1/10 Tu 9:00pm-10:00pm

*Chase away winter's chill with one of our hot dance classes!*

**Swing Beginning Couples****Beginner:** Single and triple Swing.**8 Sessions****\$103.00**

Instructor: Tony Seleme

138200 Argyle LP 1/12 Th 8:00pm-9:00pm

Instructor: Rebecca McKinney

138199 Holiday Park SrC 1/10 Tu 9:00pm-10:00pm

**Latin****Salsa Couples****Beginner:** This is a hot dance that is on the rise world-wide.**8 Sessions****\$103.00**

Instructor: Tony Seleme

138170 Argyle LP 1/12 Th 9:00pm-10:00pm

Instructor: Rebecca McKinney

138171 Holiday Park SrC 1/10 Tu 8:00pm-9:00pm

**Salsa Singles & Couples****Beginner:** Students change partners frequently. The instructors Tom Woll/Anne Basso may be reached for further information on 703-591-3839. Course is designed for Singles and Couples. Class fee per single registrant.**8 Sessions****\$52.00**

Instructor: Thomas Woll, Steve Greenblat

138181 North Four Corners LP 1/9 M 8:30pm-9:30pm

**Tango (Couples)****Beginner:** American Tango.**8 Sessions****\$103.00**

Instructor: Rebecca McKinney

138183 Bethesda ES 1/9 M 9:00pm-10:00pm

**Salsa & Merengue (Singles)****Beginner:** These dances are on the rise worldwide. Includes partner dance, freestyle dance.**8 Sessions****\$52.00**

Instructor: Joe Kim

138179 Barnsley, Lucy ES 1/11 W 7:30pm-8:30pm

138180 Longwood CC 1/12 Th 7:30pm-8:30pm

**Salsa & Merengue (Singles)****Intermediate/Advanced:** Students change partners frequently.**8 Sessions****\$52.00**

Instructor: Joe Kim

138182 Barnsley, Lucy ES 1/11 W 8:30pm-9:30pm

**Latin Survival Dance (Singles)**

Learn to survive on the dance floor for the Latin rhythm dances including Cha Cha, Merengue, Salsa, Rumba. May occasionally change partners.

**8 Sessions****\$52.00**

Instructor: Thomas Woll/Wagaman

138193 Upper County CC 1/11 W 8:30pm-9:30pm

**Folk****Anna's Dance Party****Beginner/Intermediate:** Learn how they party around the world. Lines, squares, circles and bunches. Come have fun. Questions: call instructor at 301-814-0435.**10 Sessions****\$66.00**

Instructor: Anna Pappas

138176 Beverly Farms ES 1/13 F 7:30pm-9:00pm

**Bhangra****Beginner/Intermediate:** Learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties. Questions: call instructor at 301-299-3334.**8 Sessions****\$52.00**

Instructor: Kumud Mathur

138177 Potomac CC 1/10 Tu 8:00pm-9:00pm

**Bollywood****Ages 10&Up:** Bollywood style dancing is the latest craze and is named after a Bombay industry that produces 900 musical movies every year. Each movie has at least 3 to 4 choreographed hip hop style combination dances mixed with different classical and folk dances of India. These dances are set to very catchy tunes with romantic lyrics and fast beat.**8 Sessions****\$52.00**

Instructor: Kumud Mathur

138192 Potomac ES 1/11 W 7:30pm-8:30pm

**International****Beginner/Advanced:** The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Questions: Call Phyllis Diamond at 301-871-8788 or email [diamonddancecircle@comcast.net](mailto:diamonddancecircle@comcast.net)**9 Sessions****\$58.00**

Instructor: Phyllis Diamond

138172 Leland CC 1/9 M 7:30pm-10:00pm





**Middle Eastern**

**Beginner/Intermediate:** Using dance steps and movements passed down through the ages tone muscles with this unique method of figure control. Leotard and tights recommended. Questions: Call Anna Pappas at 301-814-0435.

**9 Sessions** **\$58.00**

Instructor: Anna Pappas  
138178 Potomac CC 1/9 M 7:30pm-8:30pm

**Seniors****Performing Group Variety**

**Advanced:** Approval of instructor needed. Questions: Call Anne Berk at 301-598-8533.

**8 Sessions** **\$28.00**

Instructor: Anne Berk  
138380 Holiday Park SrC 1/10 Tu 10:00am-11:00am

**Performing Group Show**

**Intermediate/Advanced:** Approval of instructor needed. Questions: Call Frank Robson at 301-572-4975.

**8 Sessions** **\$28.00**

Instructor: Frank Robson  
138185 Holiday Park SrC 1/5 Th 2:30pm-3:30pm

**Folk Square**

Intermediate: For those who have completed a beginner course.

**10 Sessions** **\$35.00**

Instructor: Betsy Taylor  
138613 Schweinhaut SrC 1/5 Th 10:10am-11:10am

**10 Sessions** **\$50.00**

Instructor: Betsy Taylor  
138614 Long Branch CC 1/3 Tu 8:00pm-9:30pm

**Folk Square Plus 2**

For those who have completed Plus 1. Questions: Call Betsy Taylor at 301-589-4868.

**10 Sessions** **\$50.00**

Instructor: Betsy Taylor  
138863 Wheaton CC 1/4 W 7:30pm-9:00pm

**10 Sessions** **\$35.00**

Instructor: Betsy Taylor  
138864 Schweinhaut SrC 1/5 Th 11:10am-12:10pm

**Music****Guitar Level I**

**Ages 9&Up Beginner:** Tune up and start playing your favorite songs without learning to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Bring fully strung, preferably acoustic, guitar, a tuner (electronic for 139323, a tuning fork for 139324 and 25) and a pencil. \$14 material fee for 139323 due to instructor at first class covers instructional songbook. Questions? Call Brian Gross at 301-320-6999 or Kevin Hayton at 240-430-1017.

**8 Sessions** **\$108.00**

Instructor: Brian Gross  
139323 Tilden Middle School 1/24 Tu 7:00pm-8:15pm

Instructor: Kevin Hayton  
139324 Fairland CC 1/25 W 7:00pm-8:15pm

139325 Upper County CC 1/26 Th 7:00pm-8:15pm

**Guitar Level II**

**Ages 9&Up:** Learn more songs, new chords (including barre and power chords) and left hand techniques. Bring fully strung guitar, tuner (electronic for 139326, a tuning fork for 1393267 and 28) and a pencil. New students with applicable experience/knowledge welcome. \$20 material fee for 139326 due to instructor at first class covers instructional book, additional packet of songs and handouts. Questions? Call Brian Gross at



301-320-6999 or Kevin Hayton at 240-430-1017.

**8 Sessions** **\$108.00**

Instructor: Brian Gross  
139326 Tilden MS 1/24 Tu 8:15pm-9:30pm

Instructor: Kevin Hayton  
139327 Fairland CC 1/25 W 8:15pm-9:30pm

139328 Upper County CC 1/26 Th 8:15pm-9:30pm

**Blues Guitar Level I**

**Ages 13&Up:** Not for Beginners: The basic elements of blues and blues-based rock and standards by artists Muddy Waters, B. B. King, Robert Johnson, Buddy Guy and Stevie Ray Vaughn. Covers rhythm, lead, intros, turnarounds, endings and more! Included in tuition is an instructional songbook w/CD, cassette/CD of songs covered and sheet music. Bring a fully strung guitar, acoustic or electric, electronic tuner and a pencil. For more information call 301-320-6999.

**8 Sessions** **\$128.00**

Instructor: Brian Gross  
139661 Tilden Woods LP 1/25 W 7:00pm-8:15pm

**Blues Guitar Level II**

**Ages 13&Up:** Prerequisite: Beginning level blues guitar or intermediate level players with basic blues guitar knowledge. Jamming at home but find it hard to play with other musicians? Develop ensemble skills by working in pairs (rhythm and lead). Learn chord voicing and focus on lead and improvisational techniques and their application to songs by T-Bone Walker, Freddy King and other blues greats. Instructional book with CD, cassette/CD of songs and sheet music. Bring fully strung guitar (electric or acoustic), electronic tuner and pencil. For information, call 301-320-6999.

**8 Sessions** **\$128.00**

Instructor: Brian Gross  
139660 Tilden Woods LP 1/25 W 8:15pm-9:30pm

**Voice Level I**

**Ages 12&Up:** Beginner: From the casual singer to the American Idol hopeful, everyone will enjoy and benefit from this class! The fundamentals of singing with emphasis on breathing, range extension, pitch support and interpretation. Attention to voice placement and singing without stress in this stress-less environment. Questions? Email [lovestoteachmusic@yahoo.com](mailto:lovestoteachmusic@yahoo.com)

**6 Sessions** **\$51.00**

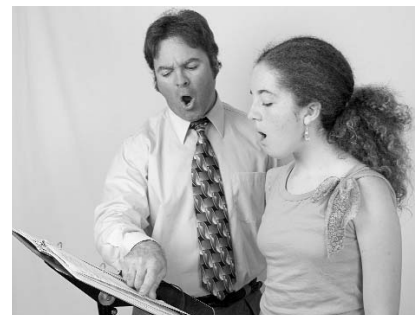
Instructor: Alison Leadbetter-Hines  
139316 Tilden Middle School 1/18 W 7:30pm-8:30pm

**Voice Level II**

**Ages 12&Up:** Prerequisite: Level I with Leadbetter-Hines. Last class will be a recital with date, time and location TBA.

**7 Sessions** **\$60.00**

Instructor: Alison Leadbetter-Hines  
139322 Tilden Middle School 1/18 W 8:30pm 9:30pm



## Cooking

All cooking classes have limited class size. Register early to avoid disappointment. See *Youth Arts & Crafts* for Cake Decorating classes.

### Family Chefs

**Ages 4-15:** 'One Bite Won't Hurt You!' Cooking facts and fun based on the successful Tiny Hands Chefs classes. Tired of microwave fast foods? Simplistic ingredients are combined to create mouth watering dishes that everyone will love! Come create, consume and of course, clean up in this exciting class that makes food preparation a 'family affair'. Parent participation required. \$35 family cooking fee (covers parent and one child's materials) due to instructor. Price is per child, no charge for parent participation.

#### 6 Sessions

**\$55.00**

Instructor: Abigail Dion

139116	Longwood CC	1/31	Tu	4:15pm-5:15pm
139117	Bauer Drive CC	2/1	W	4:15pm-5:15pm
139118	Damascus CRC	2/2	Th	4:00pm-5:00pm



### New Wine Instruction Classes

Introducing a new series of wine instruction classes that uniquely pairs food preparation with wine tasting. Attributes and origins of the wine discussed in detail as well as how the wine pairs with selected foods. Review of proper ways to serve wine. Wine chosen on availability but if new wines become available they may be substituted. Wine samples provided, no refund or allowances if you elect to refuse food or wine. Picture ID for proof of age 21 required at class.

*I really enjoyed your knife skills class last weekend. In fact, I hosted a dinner party that evening, and while I was preparing the meal, I was able to cut an onion for the first time in my life without crying!*

### ★ Food & Wine Pairing: Virginia Wines

**Ages 21&Up:** This class will be dedicated to one of the most up and coming wine areas in the country; the Commonwealth of Virginia. We'll have some good old Virginia special dishes to match with very nice wines. One wine has to be the Norton, a Virginia original cross breed native to the US, and it grows particularly well in the Shenandoah Valley; matched with bison from the valley as well. Also taste a Viognier with Crab Cakes from the northern neck and then do biscuits with Edwards country ham topped with a sweet onion compote matched with a smooth, rich Virginia Merlot. \$12 food fee due to instructor.

#### 1 Session

**\$63.00**

Instructor: James Davis

138963 Ross Boddy CC 1/6 F 7:00pm-10:00pm

### ★ Food & Wine Pairing: The Pinots

**Ages 21&Up:** Pinot Noir, Pinot Gris and Pinot Blanc—all related yet all different. Each represents a totally different taste and style of wine. Pinot Noir, the great red wine of Burgundy, will be paired with a mushroom spaghetti, Pinot Gris (Pinot Grigio in Italy) will be paired with Prosciutto, Tomato and Olive Bruschetta and Pinot Blanc, the wonderful white wine of Alsace will be paired with a caramelized onion and gruyere tart. This is a class you will not want to miss. \$12 food fee due to the instructor.

#### 1 Session

**\$63.00**

Instructor: James Davis

138964 Ross Boddy CC 2/3 F 7:00pm-10:00pm

### ★ Food & Wine Pairing: The Great White

**Ages 21&Up:** Riesling's from Germany, from the Alsace region in France and from California. We'll match the German Riesling with chicken Pad Thai, the one from Alsace with Crab and Corn Biegnetts and if we're lucky enough to find one, a California Late Harvest Riesling (the absolute king of dessert wines) with a pear and walnut tarte tatin. \$12 food fee due to instructor.

#### 1 Session

**\$63.00**

Instructor: James Davis

138965 Ross Boddy CC 3/3 F 7:00pm-10:00pm

### ★ Every Day Special Breakfast

**Ages 15&Up:** A participation class where you learn by hands on experience how to prepare a really great breakfast. We'll make a wonderful fix-ahead breakfast casserole, French toast with macadamia nuts, local home style sausage and Shirley's Touch of Grace Biscuits (world's best!) with country ham. We eat what we fix so come prepared for "brunch." Take home recipes. \$12 food fee due to instructor.

#### 1 Session

**\$48.00**

Instructor: James Davis

138966 Ross Boddy CC 1/10 Tu 7:00pm-9:30pm

### Kitchen Survival

**Ages 15&Up:** An all new participation class that gets you around the kitchen in record time. Learn how to read and follow a recipe; the difference between stewing, roasting and sauteeing, and when to use each. Cooking basics covered include how to use a chef's knife, how to cut vegetables and other time saving tips for the kitchen. Prepare and eat a full menu dinner with roast chicken, redskin garlic mashed potatoes and steamed broccoli. Take home recipes. \$12 food fee due to instructor.

#### 1 Session

**\$48.00**

Instructor: James Davis

139047 Ross Boddy CC 1/14 Sa 10:30am-1:30pm



**★ NEW ★ Gone Fishin'**

**Ages 15&Up:** I will go to the market in the morning and we'll fix the freshest that's available for dinner. Prepare at least 3 different ways; poached, fried and broiled. Variety depends on availability. This class will include shellfish. We'll also prepare something special to accompany our results. Take home recipes. \$12 food fee due to instructor.

**1 Session** **\$48.00**  
Instructor: James Davis  
139050 Ross Boddy CC 1/17 Tu 7:00pm-9:30pm

**Advanced Kitchen Survival**

**Ages 15&Up:** This class is planned to help you improve your kitchen skills so you can save time and money by cooking better meals at home. Pork tenderloins will be trimmed, tied and roasted and served with a pan sauce along with 'smushed' (that's a technical cooking term!) redskin potatoes, and fresh from the market vegetable. We eat what we fix! Take home recipes. \$12 food fee due to instructor.

**1 Session** **\$48.00**  
Instructor: James Davis  
139056 Ross Boddy CC 1/28 Sa 10:30am-1:30pm

**★ NEW ★ Tuesday Fun Food Night!**

**Ages 15&Up:** This brand new class is planned to just be a fun night of cooking good food, having a good time with new and old friends. No special emphasis, except to have a good time. Preparing some new fun recipes including an Alsatian onion and cheese tart, pork loin chops with a special cranberry sauce and polenta and a molten lava cake for dessert. Take home recipes. \$12 food fee due to instructor.

**1 Session** **\$48.00**  
Instructor: James Davis  
139057 Ross Boddy CC 1/31 Tu 7:00pm-9:30pm

**Knives, Knives, Knives**

**Ages 18&Up:** You may use our knives, bring your own or buy from a selection we will have available. Emphasize the proper care and use of the most important kitchen tool. Learn how to buy a good one, how to maintain it and how to care for it. You will be doing a lot of practical work in the class including cutting up vegetables, fruits and whole chickens. We will prepare lunch with the results of our class, so bring an appetite. \$12 food fee due to the instructor.

**1 Session** **\$48.00**  
Instructor: James Davis  
139058 Ross Boddy CC 2/11 Sa 10:30am-1:30pm

**★ NEW ★ No, We're not in Italy!**

**Ages 15&Up:** But you might think we are—Bring your Valentine to our Valentine's Day treat with a full participation class where you will prepare and enjoy a true Italian feast. We'll be making a home made focaccia (Italian Flat Bread), home made pasta with our own pasta sauce coupled with the best chicken parmesan that you ever ate! We eat what we fix so come prepared for dinner. Take home recipes. \$12 food fee due to instructor.

**1 Session** **\$48.00**  
Instructor: James Davis  
139063 Ross Boddy CC 2/14 Tu 7:00pm-9:30pm

**Be Your Own Personal Chef!**

**Ages 15&Up:** Learn the secrets of 'fix ahead food'. Cook with the experts and learn how to prepare 2 weeks of meals at one time. See how to schedule every-other Saturday cooking day, shop, cook, package, label, and store a 2 week supply of really good food for your family. A heavy emphasis will be placed on organization, food safety, and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. A full participation class, bring your appetite, as each class eats what they fix! \$12 food fee is due to instructor at beginning of class.

**1 Session** **\$63.00**  
Instructor: James Davis  
139064 Ross Boddy CC 2/25 Sa 10:00am-2:00pm  
139065 Ross Boddy CC 3/11 Sa 10:00am-2:00pm

**★ NEW ★ It's Party Time**

**Ages 15&Up:** Throw a party your friends won't soon forget! A hands-on class that will include the entire process of preparing and setting out a lovely open house buffet. Learn about the table, the layout, the service pieces you'll need as well as properly displaying the food. Menu will include canapes of seared sesame crusted tuna with wasabi broccoli slaw, chili tarts with gruyere cheese, caramelized onion tarts with blue cheese, and a steak salad with a zucchini sweet potato gratin, with a bread pudding for dessert. A variety will be prepared so bring an appetite because we eat what we fix. Take home recipes. \$12 food fee due instructor at class.

**1 Session** **\$48.00**  
Instructor: James Davis  
139066 Ross Boddy CC 2/28 Tu 7:00pm-9:30pm

**★ NEW ★ This Ain't Texas, Or Is It?**

**Ages 15&Up:** Tex-Mex specialties direct from the southwest! Enchilada's, real chili (no tomatoes and no beans!), real cowboy beans and chicken quesadillas. A hands on class that will give you confidence in the kitchen so you can repeat these great recipes at home for all your friends and neighbors. We eat what we fix so come prepared for dinner. Take home recipes. \$12 food fee due to instructor.

**1 Session** **\$48.00**  
Instructor: James Davis  
139067 Ross Boddy CC 3/14 Tu 7:00pm-9:30pm

**Smoke Gets In Your Eyes**

**Ages 15&Up:** One of our most popular classes. We'll grill sausage, beef and of course ribs and a grilled vegetable salad. Special grilled fruit for dessert. We will discuss different kinds of grilling, heat sources and techniques. Bring an appetite because we eat what we fix. Take home recipes. \$12 food fee due instructor at class.

**1 Session** **\$48.00**  
Instructor: James Davis  
139068 Ross Boddy CC 3/25 Sa 10:30am-1:30pm



## Exercise & Fitness for Youth

### Baton 1

**Ages 5-12 Beginner:** Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 301-865-5553.

**8 Sessions** **\$49.00**

Instructor: Julianna Duda  
137863 Clarksburg ES 1/9 M 3:45pm-4:30pm  
137864 Resnik, Judith A. ES 1/9 M 6:00pm-6:45pm

**10 Sessions** **\$61.00**

Instructor: Julianna Duda  
137865 Ride, Dr. Sally K. ES 1/10 Tu 6:15pm-7:00pm  
137907 Olney ES 1/10 Tu 6:00pm-6:45pm  
137866 Damascus CRC 1/11 W 4:00pm-4:45pm  
137867 Germantown CC 1/11 W 6:00pm-6:45pm  
137868 Potomac CC 1/12 Th 4:00pm-4:45pm  
137908 Damascus ES 1/12 Th 6:15pm-7:00pm

### The Ultimate Boxing Workout for Youth

**Ages 7-15 Beginners-Advanced Students:** Introduction to a boxer's workout designed to teach students eye, hand and foot coordination. Through this unique fitness program students develop discipline, gain confidence and have fun. No physical contact. Instructor is a professional boxer and current kick-boxing champion with 25 years experience.

**8 Sessions** **\$66.00**

Instructor: Larry Johnson  
137910 Upper County CC 1/10 Tu 5:45pm-7:00pm  
137911 Fairland CC 1/14 Sa 11:15am-12:30pm

### Cheerleading 1

**Ages 5-13 Beginner:** Don't miss this exciting 4 week cheerleading program! Students will learn new cheers and chants, proper motions, tumbling, safe stunting, and dynamic choreography. Questions: Call Phil Brudner at 301-831-6665.

**4 Sessions** **\$71.00**

Instructor: Perfect Balance  
137913 Germantown CC 1/10 Tu 5:00pm-7:00pm  
137912 Olney ES 1/9 M 5:00pm-7:00pm  
137914 Potomac CC 2/21 Tu 4:00pm-6:00pm



### NEW Funfit® Kids

**Grades K-2:** A complete fitness class full of fun, non-competitive active play, as well as nutrition and health guidance for boys and girls. Focuses on each child in safe, stress-free, lighthearted, fun atmosphere. Every child will participate in every activity and game, all the time, no matter the skill level. Kids will take a snack break in the middle of the class to discuss in a fun way, how eating right and taking care of yourself is important. Kids should always wear sneakers and bring a nutritious snack. A great way to release energy after school, while discovering how much fun fitness can be. \$5 material fee due to instructor.

**8 Sessions** **\$77.00**

Instructor: Funfit®  
140407 Potomac ES 1/24 Tu 3:40pm-4:40pm  
140408 Rosemary Hills ES 1/27 F 3:40pm-4:40pm

### Junior Jazzercise

**Ages 5-11:** Specialized noncompetitive dance fitness program. Benefits cardiovascular fitness, basic dance techniques, flexibility and coordination. Participants should wear loose clothes and tennis shoes.

Questions: Call Jennifer Sambataro at 301-916-3533.

**10 Sessions** **\$72.00**

Instructor: Jennifer Sambataro  
137909 Poolesville ES 1/6 F 3:20pm-4:05pm

## Fitness, Exercise & Wellness

Advertised class lengths include set-up and take-down time. Actual instruction time may be less. Cancelled class sessions will be made up by adding extra dates, or extra time to each session, or attending alternate locations of the same program.

### NEW ACL Injury Prevention for Female Athlete

**Ages 8&Up:** ACL injury and subsequent surgery is devastating to a young athlete, with 4-6 months of rehab and recovery. Women are 8 times more likely than men to suffer this injury and 80% of the time it occurs without contact from another player. This program consists of warm-up, stretching, strengthening, plyometric and agility exercises to address deficits in strength and coordination of the stabilizing muscles around the knee joint. No exercise program is fool-proof against ACL problems, these are designed to mimic typical injury movements in a controlled manner and is a great way to minimize the risk.

**8 Sessions** **\$80.00**

Instructor: Dr. Steve Horwitz  
139652 Norbeck-Mncstr Mill NP 1/12 Th 7:00pm-8:00pm



**NEW Philbin's Speed Agility Power School**

Ages 10-18: For more information turn to page 58.

**Group Workout Pilates On The Ball**

**Ages 16&Up:** A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer.

**6 Sessions \$54.00**

Instructor: Fred Mosby

139642 Germantown CC 1/5 Th 5:45pm-6:45pm

**12 Sessions \$108.00**

139641 Germantown CC 2/6 Tu, Th 5:45pm-6:45pm

**ACT The Workout**

**Ages 16&Up:** A vigorous easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Designed to enable self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour.

Plan your workout around your schedule and attend any class at any location when you want. **Register at any time online or at a Recreation Center. Take your receipt to any class location below to pick up your session pass from the instructor.** The pass is good for the specified number of sessions purchased at any ACT location listed below for 3 months following first class attended.

Class Locations,	Days	Times:
Wheaton Community Center	M, W	6:00-7:00pm
Wheaton Community Center	T, Th	6:00-7:00pm
Bauer Drive Community Center	M, W	5:00-6:00pm
Fairland Community Center	M, W	7:00-8:00pm
Beverly Farms ES	M, W	7:00-8:00am
East County Community Center	T, Th	7:00-8:00pm
Potomac Community Center	T, Th	7:00-8:00pm
Wheaton Community Center	Sat	9:00-10:00am
Potomac Community Center	Sat	9:00-10:00am
Wayside ES	Sun	9:00-10:00am

**36 Sessions \$145.00**

Instructor: Company Staff: Castellucci Inc.

132242 ACT TBA 12/1 M-Th, Sa, Su See above

**24 Sessions \$100.00**

Instructor: Company Staff: Castellucci Inc.

132238 ACT TBA 12/1 M-Th, Sa, Su See above

**18 Sessions \$80.00**

Instructor: Company Staff: Castellucci Inc.

132235 ACT TBA 12/1 M-Th, Sa, Su See above

**12 Sessions**

Instructor: Company Staff: Castellucci Inc.

132228 ACT TBA 12/1 M-Th, Sa, Su See above

**\$60.00****Aerobic Kickboxing by TKA**

**Ages 16&Up:** A super charged coed fitness program offering a cardiovascular and muscular strength workout. Get fit and have fun doing it! No equipment required. A noncontact fitness oriented class with Black Belt instructors.

**8 Sessions \$45.00**

Instructor: Company Staff: TKA, Inc.

137915 Germantown CC 1/9 M 6:00pm-7:00pm

**10 Sessions \$56.00**

Instructor: Company Staff: TKA, Inc.

137917 Bauer Drive CC 1/10 Tu 6:00pm-7:00pm

137916 Germantown CC 1/11 W 6:00pm-7:00pm

**Ballet Exercise**

**Ages 16&Up:** Stretching, toning, balance, coordination and low impact cardio workout to classical music. Increase energy and flexibility, improve posture and body awareness. Wear comfortable ballet clothing. Bring light hand weights, a mat, soft ballet shoes (or barefeet) and tennis shoes. Instructor: former professional dancer, ACE certified, owner Fitness Care LLC and 25 years experience.

**8 Sessions \$45.00**

Instructor: Esther Kish

137956 Luxmanor ES 1/3 Tu 7:15pm-8:15pm

**Bio Aerobics Cardio Fit High/Low**

**Ages 16&Up** (Ages 13-16 if accompanied by a parent/guardian): A complete High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Participant can choose fitness level. Body sculpting included. Member IDEA & CPR certified instructors.

**7 Sessions \$29.00**

Instructor: Bio Aerobics Inc.

139014 Germantown CC 1/21 Sa 9:30am-10:30am

**28 Sessions \$58.00**

Instructor: Bio Aerobics Inc.

139013 Germantown CC 1/19 Th, M 7:00pm-8:00pm

**Bio Cardio Fit Half Hour Workout**

**Ages 16&Up** (Ages 13-16 if accompanied by a parent/guardian): Thirty packed minutes of Bio's regular aerobics. Use it alone or as a complement to the Tone & Firm class.

**14 Sessions \$29.00**

Instructor: Bio Aerobics Inc.

139041 Briggs Chaney MS 1/17 Tu, Th 7:30pm-8:00pm

**Bio Aerobics Tone & Firm**

**16&Up** (Ages 13-16 if accompanied by a parent/guardian): Increase flexibility; improve total body appearance; strengthen and tone abdominals, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Resistance devices optional.

**14 Sessions \$58.00**

Instructor: Bio Aerobics Inc.

137957 Briggs Chaney MS 1/17 Tu, Th 8:00pm-9:00pm



**Get off the couch and into one of our fitness classes.**  
**We have something for everyone.**

**The Ultimate Boxing Workout****Beginners-Advanced Students Ages 16&Up:**

Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact.

**8 Sessions \$66.00**

Instructor: Larry Johnson

139275 Upper County CC 1/10 Tu 5:45pm-7:00pm

139274 Fairland CC 1/14 Sa 10:00am-11:15am

**Dynamic Ab Workout**

**Age 13&Up:** Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercises that will focus on Abs. Use of medicine ball and abdominal exercise equipment.

**8 Sessions \$41.00**

Instructor: Larry Johnson

139273 Upper County CC 1/10 Tu 7:00pm-7:45pm

139272 Fairland CC 1/14 Sa 12:30pm-1:15pm

**Dance & Fitness, LLC**

**Ages 16&Up:** Complete cardiovascular aerobic workout for those who love music and movement. Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes and bring a mat/blanket, and hand weights (optional).

**16 Sessions \$66.00**

Instructor: Elaine Waldstreicher

139365 Glenallan ES 1/4 M,W 7:30pm-8:30pm

Instructor: Trish Watkins

139364 Tilden MS 1/4 M,W 7:00pm-8:00pm

Instructor: Karen Hutchinson

139363 Bannockburn ES 1/4 M,W 6:00pm-7:00pm

**20 Sessions \$82.00**

Instructor: Virginia Azuree

139368 Bauer Drive CC 1/3 Tu, Th 4:15pm-5:15pm

Instructor: Kathryn Wiemers

139370 Rock View ES 1/3 Tu, Th 7:00pm-8:00pm

Instructor: Alice Donnelly

139369 Potomac CC 1/3 Tu, Th 6:00pm-7:00pm

Instructor: Lois Schneider Antos

139366 Veirs Mill LP 1/3 Tu, Th 9:30am-10:30am

Instructor: Consie Mote

139367 Leland CC 1/3 Tu, Th 9:15am-10:15am

**Dance & Fitness Add a Class**

Pre-requisite: You must be registered in a regular, twice a week, Dance & Fitness class during the same season to sign up for this class.

**10 Sessions \$41.00**

Instructor: Kathryn Wiemers

139371 Veirs Mill LP 1/7 Sa 9:00am-10:00am

**Definitions Strength Training**

**Ages 16&Up:** Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE and CPR certified. Perfect for beginners and intermediates.

**20 Sessions \$100.00**

Instructor: Carolyn Evans

139318 Clara Barton CC 1/3 Tu, Th 9:15am-10:15am

Instructor: Juliet Rodman

139319 Clara Barton CC 1/3 Tu, Th 7:00pm-8:00pm

**Definitions Low Impact Aerobics**

**Ages 16&Up:** Get your heart rate up with the best of low impact aerobics! Join Judy Brook's choreography based, fun and creative one-hour class. Teaching level is beginner to intermediate. Be prepared to enjoy yourself and workout at the same time.

**18 Sessions \$90.00**

Instructor: Judy Brookes

139315 Clara Barton CC 1/6 F, M 9:15am-10:15am

**Definitions Mat Pilates**

**Ages 16&Up:** A series of 34 exercises designed to improve overall body strength, balance, flexibility and core abdominal muscles. Rhythmic breathing taught to enhance exercise flow and mind/body connection. Bring mat/towel. Instructor ACE and CPR certified.

**10 Sessions \$50.00**

Instructor: TBA

139317 Clara Barton CC 1/4 W 8:15am-9:15am

**Dynaerobics**

Owned and choreographed by, Ferhan Kiper Doyle

**Coed fitness Ages 16&Up:** A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

**10 Sessions \$47.00**

Instructor: Regina Gaither

139416 Bauer Drive CC 1/7 Sa 10:00am-11:00am

**20 Sessions \$93.00**

Instructor: Gail Oring

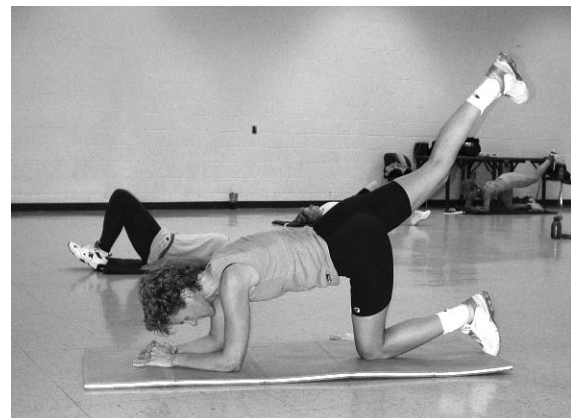
139415 Bauer Drive CC 1/3 Tu, Th 6:00pm-7:00pm

Instructor: Lee Berry

139413 Wyngate ES 1/4 M,W 6:00pm-7:00pm

Instructor: Nancy Dameron

139414 Cloverly ES 1/4 M,W 6:30pm-7:30pm



*Whether you're just starting a fitness program or are a seasoned pro, we have a class that's right for you.*



**Dynaerobics Body Challenge**

Owned and choreographed by, Ferhan Kiper Doyle

**Ages 16&Up:** A full 75 minutes of coed fitness. Includes high and low impact aerobics plus body sculpting, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.**20 Sessions** **\$116.00**

Instructor: Regina Gaither, Lee Berry

139417 Bauer Drive CC 1/3 Tu, Th 7:00pm-8:15pm

**Dynaerobics Body Sculpting**

Owned and choreographed by, Ferhan Kiper Doyle

**Ages 16&Up:** A serious all workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional.**10 Sessions** **\$47.00**

Instructor: Regina Gaither

139419 Bauer Drive CC 1/7 Sa 11:00am-12:00pm

**20 Sessions** **\$93.00**

Instructor: Regina Gaither

139418 Tilden MS 1/4 M,W 6:00pm-7:00pm

**Fitness Workouts: Golf Conditioning****Ages 13&Up:** A thirty minute workout for the serious and recreational golfer looking to improve their game and reduce common injuries. Includes strength training, agility, hand/eye coordination exercises, abdominal strengthening and stretching. Instructor is a certified personal trainer.**6 Sessions** **\$53.00**

Instructor: Douglas Schwanke

139623 Potomac CC 1/17 Tu 6:00pm-6:30pm

**NEW Golf Fitness Training Made Easy**

The golf swing will be described and the muscles used in the golf swing will be reviewed. How to correct common swing faults and the injuries they cause with proper exercise will be reviewed. This is a participatory class in a golf specific exercise program to dramatically improve your swing, accuracy and consistency, power, driving distance, club speed and eliminate back pain.

**4 Sessions** **\$48.00**

Instructor: Dr. Steve Horwitz

139657 Bauer Drive CC 1/14 Sa 12:30pm-1:30pm

**Small Group Intro to Weight Training****Ages 16&Up:** Small group introductory instruction designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program for you to continue on your own. Instructors are Certified Trainers.**4 Sessions** **\$69.00**

Instructor: Douglas Schwanke

139629 Potomac CC 1/24 Tu 6:30pm-7:30pm

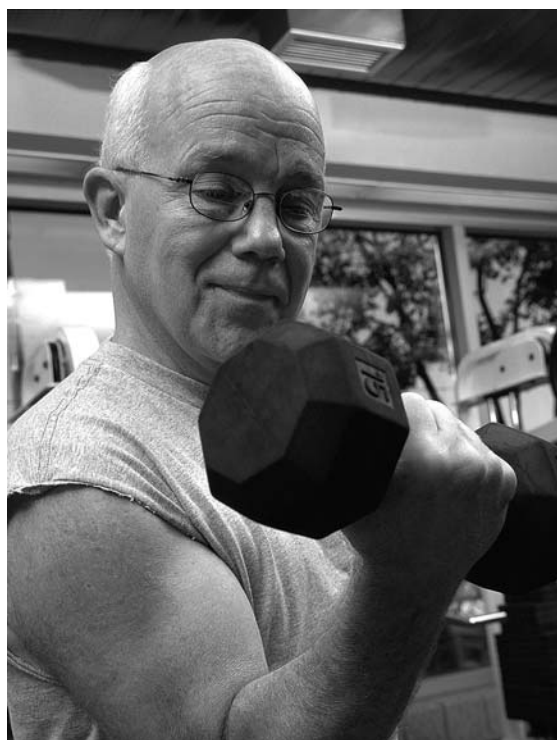
Instructor: Fred Mosby

139631 Damascus CRC 1/4 W 7:15pm-8:15pm

139630 Germantown CC 2/2 Th 7:00pm-8:00pm

139646 Damascus CRC 2/15 W 7:15pm-8:15pm

139645 Germantown CC 3/2 Th 7:00pm-8:00pm

**Small Group Weight Room Orientation****Ages 16&Up:** Small group introductory instruction designed to teach individuals weight room etiquette, demonstrate safe and effective use of equipment, including weights and dumbbells, and effective exercises that work all major muscle groups. Instructors are Certified Trainers.**1 Session** **\$38.00**

Instructor: Douglas Schwanke

139636 Bauer Drive CC 1/23 M 6:30pm-7:30pm

139637 Fairland CC 1/30 M 6:30pm-7:30pm

139635 Leland CC 2/6 M 6:30pm-7:30pm

139639 Upper County CC 2/13 M 6:30pm-7:30pm

Instructor: Fred Mosby

139638 Germantown CC 1/30 M 7:00pm-8:00pm

139640 Damascus CRC 2/27 M 7:00pm-8:00pm

**Jacki Sorensen's Aerobic Dance****Ages 16&Up:** Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening with Vertifirm™. Bring mat and hand and/or ankle weights (optional).**10 Sessions** **\$56.00**

Instructor: Karin Baker

139433 Potomac CC 1/10 Tu 9:00am-10:00am

139434 Potomac CC 1/12 Th 9:00am-10:00am

**18 Sessions** **\$100.00**

Instructor: Edel Cottle

139432 Gwendolyn Coffield CC 1/10 Tu, Th 7:00pm-8:00pm

**Jacki Sorensen's Aerobic Workout****Ages 16&Up:** Jacki's non-dancing approach to fitness. A perfect coed program. Each class a head to toe fat burning workout not dependent on previous class attendance, simple to follow and easy to do. Please bring mat. Hand and/or ankle weights optional.**10 Sessions** **\$56.00**

Instructor: Karin Baker

139439 Damascus CRC 1/10 Tu 7:15pm-8:15pm

139440 Damascus CRC 1/12 Th 7:15pm-8:15pm

**Tip for a healthier life:**

Osteoporosis isn't just for women - brittle bones can affect older men as well. Exercise can help keep your bones healthy and strong.

**Get out! Get fit and have fun! Register for one of our fitness classes today.**

**Jacki Sorensen's Strong Step**

**Ages 16&Up:** A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use, call instructor to verify availability 301-428-9425.

**10 Sessions \$56.00**  
Instructor: Karin Baker  
139613 Potomac CC 1/13 F 9:00am-10:00am

**Jazzmatazz Aerobic Bonus**

**Ages 16&Up:** A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Spri Xertubes® (available from the instructor for \$10) are required for strength training. Students are strongly urged to register for at least two days a week to achieve the best results.

**10 Sessions \$56.00**  
Instructor: Betsy Saunders  
139043 Fairland CC 1/3 Tu 5:30pm-6:30pm  
139045 Wheaton CC 1/3 Tu 7:15pm-8:15pm  
139044 Fairland CC 1/5 Th 5:30pm-6:30pm  
139046 Wheaton CC 1/5 Th 7:15pm-8:15pm

**Jazzmatazz Pilates**

**Age 16&Up:** A Pilates based exercise program rooted in modern/jazz dance consisting of a series of choreographed, but gentle, non-impact exercises. Designed to develop core abdominal muscles for spinal and lower back stabilization, to strengthen the body while lengthening muscles, and to increase overall flexibility. Attendance at the first two classes is mandatory, as key techniques are taught. For maximum benefit, students are strongly urged to register for both days.

**9 Sessions \$62.00**  
Instructor: Betsy Saunders  
139048 Sligo MS 1/9 M 7:00pm-8:15pm  
**10 Sessions \$69.00**  
Instructor: Betsy Saunders  
139049 Sligo MS 1/4 W 7:00pm-8:15pm

**Jazzmatazz Aerobics Light**

**Active Seniors & Beginners Ages 18&Up:** A choreographed workout similar to Jazzmatazz, but lower to no impact; still emphasizes muscular strength and flexibility along with cardiovascular strength and endurance. Spri Xertubes® (available from instructor for \$10) are required for strength training. To achieve best results, students are urged to register for both days.

**10 Sessions \$56.00**  
Instructor: Betsy Saunders  
138505 Wheaton CC 1/3 Tu 9:00am-10:00am  
138506 Wheaton CC 1/5 Th 9:00am-10:00am

**Jazzercise**

**Ages 16&Up:** Includes warm-up, high-energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kick-boxing and FUN for every age and fitness level. **Participants may attend both morning and evening classes for two months.**

**\$70.00**  
Instructor: Diane Elmore  
139423 Upper County CC 1/4 M,W 6:30pm-7:30pm  
139425 Damascus CRC 1/4 M,W 6:45pm-7:45pm  
139426 Upper County CC 3/1 M,W 6:30pm-7:30pm  
139428 Damascus CRC 3/1 M,W 6:45pm-7:45pm  
139424 Upper County CC 1/3 Tu,Th,F 9:30am-10:30am  
139427 Upper County CC 3/2 Tu,Th,F 9:30am-10:30am

**Kelley's Complete Fitness Workout**

**Ages 13&Up:** Safe, effective exercises to strengthen and tone major muscle groups: Stretching warmed up muscles for flexibility, sensible aerobics to condition, burn fat and strengthen cardiovascular system, relaxation techniques and emphasis on proper body alignment and posture. Bring mat or towel, light hand weights optional. Instructor has a BS degree in Physical Education with 20+ years of experience.

**8 Sessions \$42.00**  
Instructor: Pamela Kelley  
139053 Wheaton CC 1/9 M 9:00am-10:15am

**10 Sessions \$53.00**  
Instructor: Pamela Kelley  
139055 Longwood CC 1/4 W 7:15pm-8:30pm  
139054 Bauer Drive CC 1/4 W 9:00am-10:15am

**Kelley's Extended Workout**

**Ages 13&Up:** Same program as above, but with an extended, more intense stretch time. Bring mat or towel, light hand weights optional. Instructor has a BS degree in Physical Education with 20+ years of experience.

**8 Sessions \$51.00**  
Instructor: Pamela Kelley  
139051 Longwood CC 1/9 M 7:00pm-8:30pm

**10 Sessions \$63.00**  
Instructor: Pamela Kelley  
139052 Wheaton CC 1/5 Th 9:00am-10:30am

**Movin' with Millie Trad. Slimnastics**

**Ages 16&Up:** A unique exercise experience opening with a total body warm up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominals and gluteals. Program provides flexibility, endurance, strength. Bring mat and light hand weights (optional) to class.

**10 Sessions \$44.00**  
Instructor: Mildred Norwood Trimble  
139614 Pilgrim Hills LP 1/4 W 9:30am-10:30am  
139615 Pilgrim Hills LP 1/6 F 9:30am-10:30am

**Susan Taylor Workouts**

**Ages 16&Up:** Both classes offer a Hi/Lo choice. Enjoy music and lightly choreographed routines. Mat exercise (combination of Pilates and Yoga for general exercise classes) is the method used for stretch and tone in both classes.

Potomac Community Center offers you a choice. Workout from 8:45-9:45am and go home or stay for an additional 15 minutes of stretch and tone at no extra charge.

**16 Sessions \$83.00**  
Instructor: Susan J. Taylor  
139617 Potomac CC 1/4 W, M 8:45am-10:00am

**18 Sessions \$93.00**  
Instructor: Susan J. Taylor  
139616 Leland CC 1/3 Tu, Th 6:00pm-7:00pm





**Massage Institute I Back Massage**

**Ages 18&Up:** Learn basic anatomy, massage strokes, contraindications, how the body can benefit from and how to give a great seated massage. Instructor is a certified Massage Practitioner. All massages are done fully clothed. Bring massage oil or body lotion to class.

**1 Session** **\$31.00**  
 Instructor: Douglas Schwanke  
 139632 Potomac CC 1/9 M 6:30pm-8:00pm

**Massage Institute II Foot Massage**

**Ages 18&Up:** Basic Reflexology: Learn to give a great foot massage! Learn basic anatomy of the foot, basic massage strokes, contraindications, and how the body can benefit from foot massage. Please bring a mat and massage oil, or body lotion to class.

**1 Session** **\$31.00**  
 Instructor: Douglas Schwanke  
 139634 Potomac CC 2/27 M 6:30pm-8:00pm

**Qi Gong: A Different Exercise**

**Age 18&Up Beginners:** Practiced for thousands of years in China for health and longevity, Qi Gong is the gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes a day. Instruction in meditative techniques taught along with movements and theory. Wear loose clothing. Booklets given out. Combined class for beginner and continuing practitioners. Martial Arts Master instructor.

**8 Sessions** **\$87.00**  
 Instructor: Robert Kramer  
 139219 Germantown CC 1/3 Tu 7:00pm-8:30pm

**Qi Gong-Continuing Students**

**Age 18&Up:** Same as above. Combined class for continuing practitioners taught at same time as beginning class above. Martial Arts Master instructor.

**8 Sessions** **\$60.00**  
 Instructor: Robert Kramer  
 139222 Germantown CC 1/3 Tu 7:00pm-8:30pm

## Need an additional registration form?

Download one from our website at  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

**Tai Chi, Beginning**

**Age 16&Up:** An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and overall vitality. Wear loose clothing. People interested in observing a class before registering are welcome.

**7 Sessions** **\$54.00**  
 Instructor: Schettino  
 139228 Bauer Drive CC 1/9 M 7:00pm-8:00pm

**10 Sessions** **\$67.00**

Instructor: Levine  
 139229 Potomac CC 1/3 Tu 7:00pm-8:00pm

Instructor: Schettino  
 139230 Fairland CC 1/3 Tu 7:00pm-8:00pm

Instructor: Votaw  
 139231 Kemp Mill Estates LP 1/4 W 7:00pm-8:00pm

**Tai Chi, Continuing**

**Age 16&Up:** Continuing Students Level II.

**8 Sessions** **\$54.00**

Instructor: Schettino  
 139235 Bauer Drive CC 1/9 M 8:00pm-9:00pm

**10 Sessions** **\$67.00**

Instructor: Votaw  
 139236 Potomac CC 1/3 Tu 8:00pm-9:00pm

Instructor: Stanley  
 139237 Kemp Mill Estates LP 1/4 W 8:00pm-9:00pm

**Tai Chi-Moving Meditation**

**Age 16&Up:** A gentle health maintenance exercise perfect for both the young and the not so young seniors. The purpose is to promote a balanced and healthy life. Wear comfortable clothing.

**5 Sessions** **\$34.00**

Instructor: Harumi Williams  
 139251 Leland CC 2/27 M 6:00pm-7:00pm

**Tai Chi-Moving Meditation Continuing**

**Age 16&Up:** Continuing students who have taken Tai Chi-Moving Meditation with Williams.

**5 Sessions** **\$34.00**

Instructor: Harumi Williams  
 139252 Leland CC 3/1 W 6:00pm-7:00pm



*Tai chi can reduce stress, promoting balance and flexibility, and even ease arthritis pain.*

**NEW Hatha Yoga**

**Age 16&Up:** Beginning and continuing students are welcome. Yoga is an ancient and systematic approach to good health and wellbeing that helps to reduce stress, improve concentration and develop strength, flexibility and balance. Includes instruction and practice of yoga postures, breath awareness for moving more deeply into the postures, and techniques for calming and focusing the mind. Wear nonrestrictive clothing and bring a mat/blanket to class. La instructora habla un poco de Español.

**9 Sessions \$79.00**

Instructor: Mercedes Santos  
139622 Long Branch CC 1/10 Tu 6:30pm-7:45pm

**Hatha Yoga and Stress Management**

**Age 18&Up Beginner:** Postures and exercises to tone, firm and realign body; relaxation, visualization and stress management. Bring blanket or mat to class.

**10 Sessions \$87.00**

Instructor: Suzana Cooper  
139253 Leland CC 1/6 F 10:30am-11:30am

**Hatha Yoga and Stress Management 2**

**Age 18&Up Intermediate/Advanced:** Prerequisite- beginner class with Cooper.

**10 Sessions \$109.00**

Instructor: Suzana Cooper  
139254 Leland CC 1/6 F 9:15am-10:30am

**Vini Yoga**

**Ages 16&Up Mixed levels:** Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat/towel and wear comfortable clothing.

**10 Sessions \$96.00**

Instructor: Patricia Miller  
136763 Potomac CC 1/5 Th 9:15am-10:30am  
136764 Potomac CC 1/5 Th 6:30pm-7:45pm  
Instructor: Moira Martin  
136765 Leland CC 1/10 Tu 7:00pm-8:15pm  
136766 Leland CC 1/12 Th 9:30am-10:45am

**Vini Yoga Intermediate**

**Ages 16&Up Intermediate:** Previous yoga experience required. More emphasis on sequences, breathing, and meditation. Bring a mat and wear comfortable clothing.

**8 Sessions \$77.00**

Instructor: Patricia Miller  
140488 Potomac CC 1/9 M 6:30pm-7:45pm

**Vini Easy Going Yoga**

**For Seniors and All Others 16&Up:** Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength, flexibility; release tension. Introduces meditation. Bring a mat/towel and wear comfortable clothing.

**10 Sessions \$96.00**

Instructor: Patricia Miller  
139263 Potomac CC 1/5 Th 10:45am-12:00pm  
Instructor: Moira Martin  
139264 Leland CC 1/12 Th 10:45am-12:00pm

**Pre Natal Yoga**

**Ages 16&Up:** Increase your joy and well-being as life grows within you. Instruction in breathing and relaxation techniques, stretching and toning of muscles used during labor and delivery, techniques to relieve lower back pain and other common pregnancy discomforts, posture awareness, visualization techniques. A safe and nurturing experience for women in all stages of pregnancy. Wear comfortable clothing and bring a mat, 2 pillows and a blanket to class.

**8 Sessions \$75.00**

Instructor: Natalie Anne Dodson  
140339 Potomac CC 1/9 M 7:15pm-8:30pm

*Yoga makes the body more flexible and helps you relax — a perfect antidote to our stressful lives.*



# Martial Arts for Youth & Adults

## Karate/Jujitsu

**Ages 6-12** (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association. New students accepted prior to the third class of each session. \*All locations accept beginning through advanced students. Beginners must attend 6pm at Upper County CC, Bauer CC, Resnik ES, Fairland CC, Rolling Terr. ES and Dufief ES. At all other sites beginners may attend the later time.

### 8 Sessions \$38.00

Instructor: TKA, Inc.

137922	Longwood CC	1/9	M	7:00pm-8:00pm
137923	Upper County CC	1/9	M	6:00pm-7:00pm
137924	Upper County CC	1/9	M	7:00pm-8:00pm
137925	Wheaton CC	1/9	M	7:00pm-8:00pm

### 10 Sessions \$47.00

Instructor: TKA, Inc.

137926	Germantown CC	1/10	Tu	7:00pm-8:00pm
137927	Damascus CRC	1/11	W	7:00pm-8:00pm
137928	Bauer Drive CC	1/11	W	6:00pm-7:00pm
137929	Bauer Drive CC	1/11	W	7:00pm-8:00pm
137930	Potomac CC	1/11	W	7:00pm-8:00pm
137931	Resnik, Judith A. ES	1/11	W	6:00pm-7:00pm
137932	Resnik, Judith A. ES	1/11	W	7:00pm-8:00pm
137933	Clara Barton CC	1/11	W	7:00pm-8:00pm
137934	Stedwick ES	1/11	W	7:00pm-8:00pm
137935	Fairland CC	1/12	Th	6:00pm-7:00pm
137936	Fairland CC	1/12	Th	7:00pm-8:00pm
137937	Dufief ES	1/12	Th	6:00pm-7:00pm
137938	Dufief ES	1/12	Th	7:00pm-8:00pm
137939	Poolesville HS	1/12	Th	7:30pm-8:30pm
137940	Rolling Terrace ES	1/12	Th	6:00pm-7:00pm
137941	Rolling Terrace ES	1/12	Th	7:00pm-8:00pm
137942	Bethesda ES	1/12	Th	7:00pm-8:00pm

## Aikido

**Beginners Ages 10&Up:** A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life, be nonaggressive without being a victim, coordinate mind and body and deal effectively with stress and tension. Emphasis on Ki development.

### 10 Sessions \$71.00

Instructor: Christopher Rowe

137955	Marva Tots n' Teens	1/5	Th	7:30pm-9:00pm
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## Karate/Jujitsu Adults

**Ages 13&Up:** Instruction in physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted before the third class of each session.

### 8 Sessions \$49.00

Instructor: TKA, Inc.

137943	Upper County CC	1/9	M	8:00pm-9:30pm
137944	Wheaton CC	1/9	M	8:00pm-9:30pm

### 10 Sessions \$61.00

Instructor: TKA, Inc.

137945	Germantown CC	1/10	Tu	8:00pm-9:30pm
137946	Damascus CRC	1/11	W	8:00pm-9:30pm

137947	Bauer Drive CC	1/11	W	8:00pm-9:30pm
137948	Clara Barton CC	1/11	W	8:00pm-9:30pm
137949	Potomac CC	1/11	W	8:00pm-9:30pm
137950	Stedwick ES	1/11	W	8:00pm-9:30pm
137951	Bethesda ES	1/12	Th	8:00pm-9:30pm
137952	Fairland CC	1/12	Th	8:00pm-9:30pm
137953	Dufief ES	1/12	Th	8:00pm-9:30pm
137954	Rolling Terrace ES	1/12	Th	8:00pm-9:30pm

## Karate/Jujitsu Club

**Ages 13&Up:** Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Must be registered in a regular TKA class during the same season.

### 10 Sessions \$30.00

Instructor: TKA, Inc.

137921	Bauer Drive CC	1/13	F	7:00pm-9:00pm
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## Kendo-Beginner

**Ages 13&Up:** Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Material fee of \$30 due to instructor for shinai purchase. See Shodo, an excellent complement to training.

### 10 Sessions \$70.00

Instructor: Shiro Shintaku

137918	Tilden MS	1/5	Th	7:15pm-8:15pm
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## Kendo-Intermediate

**Ages 13&Up:** Pre-requisite, beginners class with Shiro Shintaku.

### 10 Sessions \$70.00

Instructor: Shiro Shintaku

140290	Tilden MS	1/5	Th	8:30pm-9:30pm
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## Shodo

**Ages 13&Up Beginner/Intermediate:** Japanese Brush Writing, the mental and physical expression of thoughts, feelings and interpretations through the written word, is part of the training of the true Samurai. Helps to develop good concentration, natural hand motion and mental calmness with this introduction to the Japanese language. \$25 material fee due to instructor. An excellent compliment to Kendo.

### 10 Sessions \$70.00

Instructor: Shiro Shintaku

137920	Tilden MS	1/5	Th	6:00pm-7:00pm
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*Martial Arts classes can teach you to coordinate mind and body.*

## Instructional Sports

### Philbin's Athletic Training Speed & Agility PowerSchool

**Ages 10-18:** Focus on increasing sprint speed, athletic agility and power development. Emphasis on the start, acceleration/deceleration, change in direction, transition, maximum speed, velocity, and building sports specific strength endurance. Proper bio-mechanics in sprinting taught with high speed filming and analysis.

**6 Sessions** **\$120.00**

Instructor: Philbins Athletic Training, INC

139163 Philbins Athletic Trng 1/11 W 6:00pm-7:00pm

139165 Philbins Athletic Trng 2/18 S 11:30am-12:00pm

### Gymnastics Tumbling Format

**Ages 3-6 Beginner:** Practice tumbling skills while gaining self-esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

**5 Sessions** **\$68.00**

Instructor: Denise Schattenberg

139649 Upper County CC 1/23 M 1:45pm-2:30pm

139650 Longwood CC 1/26 Th 1:45pm-2:30pm

### Badminton Beginner/ Advanced Beginner

**Ages 9&Up:** Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. \$10 activity fee due to instructor.

**10 Sessions** **\$73.00**

Instructor: Gary Chao

140293 Bauer Drive CC 1/15 Su 1:15pm-2:15pm

### Badminton Intermediate/Advanced

Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. \$20 activity fee due to instructor.

**10 Sessions** **\$130.00**

Instructor: Gary Chao

140294 Bauer Drive CC 1/15 Su 2:15pm-4:45pm

### Fencing Beginner I

Fencing requires focus, concentration and attention; parents of younger students are strongly advised to talk with their child about whether they will enjoy this rigorously disciplined sport. Basic foil techniques. Instructors are certified Fencing Master Ray Finkleman and former Olympian Gitty Mohebban. Equipment provided: foil, mask, jacket. Potomac class updates at [www.fencer.com](http://www.fencer.com). No age exceptions without instructor approval. \$30 material fee due to instructor.

**9 Sessions** **\$74.00**

**Ages 9&Up:**

Instructor: Gitty Mohebban

139619 Frost, Robert MS 1/9 M 5:30pm-6:30pm

**10 Sessions** **\$82.00**

**Ages 13&Up:**

Instructor: Raymond Finkleman

139618 Potomac CC 1/5 Th 6:30pm-7:30pm

**Ages 9&Up:**

Instructor: Gitty Mohebban

139621 Damascus CRC 1/11 W 5:30pm-6:30pm

139620 Bauer Drive CC 1/13 F 5:30pm-6:30pm



### Fencing Beginner II

**Ages 9&Up Advanced Beginner:** Curriculum is student skill dependent. \$30 material fee due to instructor.

**9 Sessions** **\$74.00**

Instructor: Gitty Mohebban

139654 Frost, Robert MS 1/9 M 6:30pm-7:30pm

**10 Sessions** **\$82.00**

Instructor: Gitty Mohebban

139655 Damascus CRC 1/11 W 6:30pm-7:30pm

139653 Bauer Drive CC 1/13 F 6:30pm-7:30pm

### Fencing Intermediate

More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. Class updates for the Potomac class are available at [www.fencer.com](http://www.fencer.com).

Note: ages differ for each class and are below. No age exceptions without instructor approval. \$30 material fee due to the instructor.

**9 Sessions** **\$74.00**

**Ages 9&Up:**

Instructor: Gitty Mohebban

139626 Frost, Robert MS 1/9 M 7:30pm-8:30pm

**10 Sessions** **\$82.00**

**Ages 13&Up:**

Instructor: Raymond Finkleman

139624 Potomac CC 1/5 Th 7:30pm-8:30pm

**Ages 9&Up:**

Instructor: Gitty Mohebban

139625 Bauer Drive CC 1/13 F 7:30pm-8:30pm

### Fencing Practices and Club

**Ages 13&Up:** An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. May feature electric fencing apparatus. Potomac class updates available at [www.fencer.com](http://www.fencer.com). No age exceptions will be granted without instructor approval. \$30 material fee due to the instructor.

**10 Sessions** **\$82.00**

Instructor: Raymond Finkleman

139627 Potomac CC 1/5 Th 8:30pm-10:00pm

Instructor: Gitty Mohebban

139628 Bauer Drive CC 1/14 Sa 1:00pm-2:30pm

*On guard!  
Fencing is an  
ancient sport  
that teaches  
discipline  
and grace.*





**Recreational Basketball**

**Ages 18&Up:** Supervised free play in basketball, continues throughout the school year.

**11 Sessions \$44.00**

Instructor: Stanley E. Kensky

139656 White Oak MS 1/9 M 6:00pm-8:00pm

**Volleyball Clinics CoRec Teen**

**Ages 13-16:** All levels. Whether you are involved in competitive play or just enjoy the sport, benefit from this complete skills clinic. Serving, passing, setting, offense, defense and other individual and team strategies are included in this fun and competitive program.

**7 Sessions \$87.00**

Instructor: Mid Atlantic

140248 Churchill, Winston HS 1/8 Su 6:15pm-9:15pm

**Volleyball Clinics**

**Ages 13&Up:** Fun and challenging corec clinics! Several options to fit into everyone's schedules! Keeps you in shape and develops advanced skills, whether you play at beginner, advanced or intermediate level.

**Level A**

**7 Sessions \$87.00**

Instructor: Mid Atlantic

140242 Upper County CC 1/8 Su 7:00pm-10:00pm

140243 Einstein, Albert HS 1/8 Su 7:00pm-10:00pm

**Level BB**

**7 Sessions \$58.00**

Instructor: Mid Atlantic

140247 Stone Mill ES 1/10 Tu 8:15pm-10:15pm

**7 Sessions \$87.00**

Instructor: Mid Atlantic

140246 Rock Creek Valley ES 1/12 Th 7:00pm-10:00pm

**Level B**

**7 Sessions \$87.00**

Instructor: Mid Atlantic

140244 Fairland CC 1/8 Su 7:00pm-10:00pm

140245 Upper County CC 1/10 Tu 7:00pm-10:00pm

**Volleyball Specialty Clinics O/D**

**Ages 13&Up:** Work on offensive and defensive strategies to include center back defense, multiple offenses, and rotations.

**1 Session \$30.00**

Instructor: Mid Atlantic

140238 Stone Mill ES 2/27 M 7:45pm-9:45pm

**Volleyball Specialty Clinics PASS**

**Ages 13&Up:** The pass is the most important skill in volleyball. Develop your underhand and overhand pass. Time spent on serve, and receive strategies.

**1 Session \$30.00**

Instructor: Mid Atlantic

140239 Stone Mill ES 1/30 M 7:45pm-9:45pm

**Volleyball Specialty Clinics SET**

**Ages 13&Up:** There is still a 'touch' to skill of setting the ball. Work will be done on hand and body positioning. Time will also be spent on multiple paced sets used in advanced offensive situations.

**1 Session \$30.00**

Instructor: Mid Atlantic

140240 Stone Mill ES 2/6 M 7:45pm-9:45pm

**Volleyball Specialty Clinics HIT**

**Ages 13&Up:** Prepare your shoulder for an evening of work on the skill of hitting. Covers drills and demos on the different types of swing motion. Time spent on the serve as well as the hit.

**1 Session \$30.00**

Instructor: Mid Atlantic

140241 Stone Mill ES 2/13 M 7:45pm-9:45pm

**Tiny Tots**

**Please Note:** When MCPS announces that openings are delayed, all morning and afternoon Tiny Tot Classes will not meet. For updates, please call our Inclement Weather Line, 240-777-6889.

**Mother Goose on the Loose**

**Ages 6-17 months & 18months-3years:** What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required.

**8 Sessions \$68.00**

Instructor: Laura Lunking

**Ages 6-17 months**

139246 Bauer Drive CC 1/19 Th 10:45am-11:30am

139248 Norbeck-Mncstr Mill NP 1/20 F 10:45am-11:30am

**Ages 8 months-3 years**

139244 Stoneybrook PC 1/17 Tu 10:00am-10:45am

139245 Bauer Drive CC 1/19 Th 9:45am-10:30am

139247 Norbeck-Mncstr Mill NP 1/20 F 9:45am-10:30am

**Art Adventures**

**Ages 2-5:** All that glitters is...Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too! \$10 material fee due to instructor. Adult participation required. Is your child ready for more than forty-five minutes of fun? Check out the Me Too class!

**8 Sessions \$58.00**

Instructor: Sharon Lande

139463 Potomac CC 1/17 Tu 9:30am-10:15am

139464 Potomac CC 1/17 Tu 10:15am-11:00am

139465 Leland CC 1/18 W 10:00am-10:45am

139466 Leland CC 1/18 W 11:30am-12:15pm

139467 Leland CC 1/18 W 1:00pm-1:45pm

139468 Potomac CC 1/19 Th 9:30am-10:15am

139469 Potomac CC 1/19 Th 10:15am-11:00am

**★NEW★ Abrakadoodle® Twoosy Doodlers**

**Ages 20-36 months:** A special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is an 'I can do it!' class that is fun and creative. Each session has new activities and moms and helpers get to play, too.

**4 Sessions \$32.00**

Instructor: Abrakadoodle

140397 Leland CC 1/28 Sa 10:00am-10:40am

140396 Norbeck-Mncstr Mill NP 2/2 Th 5:00pm-5:40pm

*Art activities  
can help  
enhance your  
child's fine  
motor skills.*

**★ NEW ★ Abakadoodle® Mini Doodlers**

**Ages 3-6:** Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials, including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique.

**4 Sessions \$32.00**

Instructor: Abakadoodle

140393	Leland CC	1/28	Sa	12:00pm-12:45pm
140288	Norbeck-Mncstr Mill NP	2/2	Th	4:00pm-4:45pm
140291	Wheaton CC	2/4	Sa	12:00pm-12:45pm
140289	Potomac CC	2/9	Th	5:00pm-5:45pm

**Little Linguists-Tiny Tots**

**Ages 1½-6:** Come join our fun, creative and innovative program designed to expose children to the Spanish language! Singing, movement, art, literature and more will enchant participants and parents alike. A great opportunity to add a new attribute to your child's repertoire and enhance their cognitive and social skills. \$10 material fee due to instructor. Adult participation required. Classes 9:30-10:15 are for ages 1½-2, 10:30-11:15 are for ages 2-3 and 11:30-12:15 are for ages 3-6. For more info, please call 301-654-9680

**9 Sessions \$65.00**

Instructor: Sandra Aresta

139265	Clara Barton CC	1/18	W	9:30am-10:15am
139266	Clara Barton CC	1/18	W	10:30am-11:15am
139267	Clara Barton CC	1/18	W	11:30am-12:15pm
139268	Leland CC	1/20	F	9:30am-10:15am
139269	Leland CC	1/20	F	10:30am-11:15am
139270	Leland CC	1/20	F	11:30am-12:15pm

**Messes and Masterpieces**

**Ages 2-5:** Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. \$15 material fee due to instructor. Adult participation required.

**8 Sessions \$58.00**

Instructor: Joan E. Clowes

140077	Longwood CC	1/23	M	10:00am-10:45am
140080	Longwood CC	1/23	M	11:00am-11:45am
140094	Tilden Woods LP	1/24	Tu	10:00am-10:45am
140095	Tilden Woods LP	1/24	Tu	11:00am-11:45am
140096	Potomac CC	1/25	W	10:00am-10:45am
140097	Potomac CC	1/25	W	11:00am-11:45am

**Tiny Hands Crafts**

**Ages 2-6:** Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$24 material fee due to instructor. Adult participation required.

**7 Sessions \$50.00**

Instructor: Abigail Dion

139663	Germantown CC	1/23	M	9:30am-10:15am
139664	Potomac CC	1/23	M	10:00am-10:45am
139665	Potomac CC	1/23	M	11:00am-11:45am
139666	Damascus CRC	1/23	M	10:15am-11:00am
139667	Wheaton CC	1/24	Tu	9:30am-10:15am
139668	Wheaton CC	1/24	Tu	10:30am-11:15am
139669	Germantown CC	1/24	Tu	9:30am-10:15am
139670	Leland CC	1/24	Tu	1:00pm-1:45pm
139713	Germantown CC	1/24	Tu	10:30am-11:15am
139671	Germantown CC	1/25	W	9:30am-10:15am
139672	Germantown CC	1/25	W	10:30am-11:15am
139673	Bauer Drive CC	1/25	W	10:30am-11:15am
139674	Bauer Drive CC	1/25	W	1:00pm-1:45pm
139676	Potomac CC	1/25	W	1:00pm-1:45pm
139677	Longwood CC	1/25	W	10:15am-11:00am
139722	Damascus CRC	1/26	Th	10:15am-11:00am
139678	Fairland CC	1/26	Th	10:00am-10:45am
139680	Longwood CC	1/26	Th	9:30am-10:15am
139721	Longwood CC	1/26	Th	10:30am-11:15am
139681	Potomac CC	1/27	F	10:00am-10:45am
139682	Potomac CC	1/27	F	11:00am-11:45am
139683	Bauer Drive CC	1/28	Sa	9:30am-10:15am
139684	Germantown CC	1/28	Sa	10:15am-11:00am

**Time Out for Twos**

**Ages 24-36 months:** Look who's turned two and ready to have a wonderful time with music, crafts, finger plays and more! Activities are teacher directed. Please bring a smock for your child. \$10 material fee due to instructor. Adult participation required.

**8 Sessions \$58.00**

Instructor: Catherine Bodine

139436	Leland CC	1/23	M	9:30am-10:15am
139437	Leland CC	1/23	M	10:30am-11:15am
139438	Leland CC	1/24	Tu	9:30am-10:15am

**Busy Bees**

**Ages 2½-4:** Bee there and enjoy a wonderful, fun filled hour of creative movement, songs and crafts. Buzz in with a sibling, friend or fly solo and make joyful noises and monstrous messes in this honey of a social hour. Adult participation required. \$10 material fee due to instructor.

**8 Sessions \$77.00**

Instructor: Catherine Bodine

139429	Leland CC	1/23	M	11:30am-12:30pm
139430	Leland CC	1/24	Tu	10:30am-11:30am

**Tiny Hands Chefs**

**Ages 3½-6:** More time for fun. Classes now one hour long. 'One Bite Won't Hurt You!' Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your 'picky eater' and come join the fun! Adult participation required. \$30 material fee due to instructor.

**6 Sessions \$59.00**

Instructor: Abigail Dion

139516	Potomac CC	1/30	M	1:00pm-2:00pm
139517	Longwood CC	1/31	Tu	1:30pm-2:30pm
139518	Bauer Drive CC	2/1	W	11:15am-12:15pm



**Discovering Music For Infants**

**Ages 6 months-1 year:** A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$10 material fee due to instructor.

**9 Sessions****\$105.00**

Instructor: Music for Life

139734	Fairland CC	1/25	W	11:00am-11:45am
139732	Upper County CC	1/26	Th	9:15am-10:00am
139733	North Chevy Chase LP	1/27	F	9:00am-9:45am

**Discovering Music for Toddlers**

**Ages 1-3:** A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. On line registration not available for 0-8 months, call 240-777-6870. Adult participation required. \$10 material fee due to instructor.

**8 Sessions****\$93.00**

Instructor: Music for Life

139738	Camp Seneca LP	1/23	M	10:15am-11:00am
139739	Camp Seneca LP	1/23	M	11:15am-12:00pm
139740	Bethesda Reg'l Lib	1/30	M	10:15am-11:00am
139741	Bethesda Reg'l Lib	1/30	M	11:15am-12:00pm
139742	Wheaton Reg'l Lib	1/23	M	10:15am-11:00am
139743	Wheaton Reg'l Lib	1/23	M	11:15am-12:00pm

**9 Sessions****\$105.00**

Instructor: Music for Life

139744	Clara Barton CC	1/17	Tu	10:15am-11:00am
139745	Clara Barton CC	1/17	Tu	11:15am-12:00pm
139746	Norbeck-Mncstr Mill NP	1/17	Tu	10:15am-11:00am
139747	Norbeck-Mncstr Mill NP	1/17	Tu	11:15am-12:00pm
139749	Potomac CC	1/17	Tu	5:30pm-6:15pm
139750	Gwendolyn Coffield CC	1/18	W	10:00am-10:45am
139751	Fairland CC	1/18	W	10:00am-10:45am
139753	Tilden Woods LP	1/18	W	10:15am-11:00am
139755	Norbeck-Mncstr Mill NP	1/19	Th	10:00am-10:45am
139756	Upper County CC	1/19	Th	10:15am-11:00am
139757	Upper County CC	1/19	Th	11:15am-12:00pm
139758	Norwood LP	1/19	Th	10:15am-11:00am
139759	Norwood LP	1/19	Th	11:15am-12:00pm

139849	Norwood LP	1/19	Th	6:15pm-7:00pm
139760	North Chevy Chase LP	1/20	F	10:00am-10:45am
139761	North Chevy Chase LP	1/20	F	11:00am-11:45am
139763	Clara Barton CC	1/21	Sa	10:00am-10:45am
139764	Clara Barton CC	1/21	Sa	11:00am-11:45am

**Exploring Music & Piano Prep**

**Ages 3-5:** Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Parent participation is required. \$10 material fee due to instructor.

**8 Sessions****\$122.00**

Instructor: Music for Life

139813	Bethesda Reg'l Lib	1/30	M	12:15pm-1:15pm
139815	Bethesda Reg'l Lib	1/23	M	4:00pm-5:00pm
139814	Wheaton Reg'l Lib	1/23	M	12:15pm-1:15pm

**9 Sessions****\$137.00**

Instructor: Music for Life

139817	Potomac CC	1/17	Tu	4:15pm-5:15pm
139819	Norwood LP	1/19	Th	4:00pm-5:00pm
139820	Clara Barton CC	1/21	Sa	12:00pm-1:00pm

**Exploring Music and Piano Level IA**

**Ages 5-10:** A progressive program for the older participant. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants' use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

**10 Sessions****\$215.00**

Instructor: Music for Life

139823	Norwood LP	1/19	Th	5:15pm-6:15pm
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**Exploring Music and Piano Level IB**

**Ages 5-10:** Prerequisite Level IA. A progressive program for the older participant. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

**10 Sessions****\$215.00**

Instructor: Music for Life

139822	Bethesda Reg'l Lib	1/23	M	5:00pm-6:15pm
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*Give your  
child the gift  
of music —  
it's a gift  
that can last  
a lifetime!*



### Me Too

**Ages 2-4:** Combines exercise, dance, games, songs, and parachute fun to develop motor skills, educational concepts, and self esteem. Adult participation required. \$6 material fee due to instructor. Is your child ready for more than forty-five minutes of fun? Check out the Art Adventures class!

#### 8 Sessions **\$58.00**

Instructor: Sharon Lande

139513	Potomac CC	1/17	Tu	11:00am-11:45am
139514	Leland CC	1/18	W	10:45am-11:30am
139515	Potomac CC	1/19	Th	11:00am-11:45am

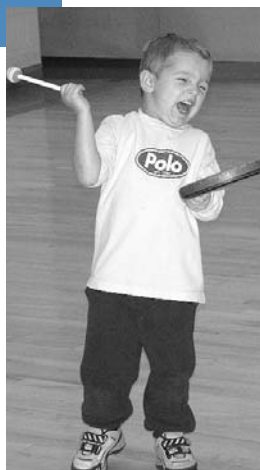
### Funfit One®

**Ages 1-2:** A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. \$10 material fee due to instructor. Call 301-975-0099 for more information.

#### 8 Sessions **\$66.00**

Instructor: Funfit®

139528	Germantown CC	1/23	M	9:30am-10:15am
139529	Wheaton CC	1/23	M	9:30am-10:15am
139530	Wheaton CC	1/23	M	10:15am-11:00am
139531	Gwendolyn Coffield CC	1/24	Tu	9:30am-10:15am
139532	Fairland CC	1/24	Tu	9:30am-10:15am
139533	Leland CC	1/25	W	9:15am-10:00am
139534	Potomac CC	1/25	W	9:30am-10:15am
139535	Potomac CC	1/25	W	10:15am-11:00am
139536	Damascus CRC	1/25	W	9:30am-10:15am
139537	Damascus CRC	1/25	W	10:15am-11:00am
139538	North Chevy Chase LP	1/25	W	9:30am-10:15am
139539	North Chevy Chase LP	1/25	W	10:15am-11:00am
139540	Quince Orchard Vly NP	1/26	Th	9:30am-10:15am
139541	Quince Orchard Vly NP	1/26	Th	10:15am-11:00am
139542	Cap Vw-Hmwd LP	1/26	Th	9:30am-10:15am
139543	Cap Vw-Hmwd LP	1/26	Th	10:15am-11:00am
140197	Damascus CRC	1/26	Th	4:00pm-4:45pm
139544	Leland CC	1/27	F	9:15am-10:00am
139545	Potomac CC	1/27	F	9:30am-10:15am
139546	Potomac CC	1/27	F	10:15am-11:00am
139547	North Four Corners LP	1/27	F	9:30am-10:15am
139548	North Four Corners LP	1/27	F	10:15am-11:00am
139549	Germantown CC	1/27	F	9:30am-10:15am
139550	Leland CC	1/27	F	10:00am-10:45am
139551	Quince Orchard Vly NP	1/28	Sa	9:30am-10:15am
139552	Tilden MS	1/28	Sa	9:30am-10:15am



**Funfit®**  
classes are  
high-energy  
classes with  
an emphasis  
on fun!

### Funfit® Two

**Ages 2-3:** A fun-filled parent/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. \$10 material fee due to instructor.

#### 8 Sessions **\$66.00**

Instructor: Funfit®

139553	Germantown CC	1/23	M	10:15am-11:00am
139554	Wheaton CC	1/23	M	11:00am-11:45am
139555	Gwendolyn Coffield CC	1/24	Tu	10:15am-11:00am
139556	Fairland CC	1/24	Tu	10:15am-11:00am
139557	Potomac CC	1/25	W	11:00am-11:45am
139558	Damascus CRC	1/25	W	11:00am-11:45am
139559	Leland CC	1/25	W	10:45am-11:30am
139560	North Chevy Chase LP	1/25	W	11:00am-11:45am
139561	Quince Orchard Vly NP	1/26	Th	11:00am-11:45am
139562	Leland CC	1/27	F	10:45am-11:30am
139563	Germantown CC	1/27	F	10:15am-11:00am
139564	Potomac CC	1/27	F	11:00am-11:45am
139565	North Four Corners LP	1/27	F	11:00am-11:45am
139566	Tilden MS	1/28	Sa	10:15am-11:00am
139567	Quince Orchard Vly NP	1/28	Sa	10:15am-11:00am



### Funfit® Three

**Ages 3-4:** Enjoy a variety of age-appropriate games that require following directions and playing by game rules. Increased skill development, motor skills, and coordination. Further development of socialization, language skills and cooperative play. Adult participation required for the class, but not necessary for every activity. \$10 material fee due to instructor. Call 301-975-0099 for more information.

#### 8 Sessions **\$66.00**

Instructor: Funfit®

139568	Germantown CC	1/23	M	11:00am-11:45am
139569	Tilden MS	1/28	Sa	11:00am-11:45am

### Family Funfit®

**Ages 18 months-4 years:** A fun filled, high energy activity class that includes games, songs, stories, music, parachute, balls and more! A great workout for the whole family! Adult participation required. Children must be walking. \$10 activity fee per child, \$20 family maximum, due to the instructor. Class price is per child. RecWeb users: Scroll down to view our second session of classes beginning in November!

#### 8 Sessions **\$66.00**

Instructor: Funfit®

139519	Potomac CC	1/23	M	4:00pm-4:45pm
139520	Fairland CC	1/24	Tu	11:00am-11:45am



139521	Gwendolyn Coffield CC	1/24	Tu	11:00am-11:45am
139522	Leland CC	1/25	W	10:00am-10:45am
139523	Capital View-Hmwd LP	1/26	Th	11:00am-11:45am
139524	Damascus CRC	1/26	Th	4:15pm-5:00pm
139525	Damascus CRC	1/26	Th	5:00pm-5:45pm
139526	Germantown CC	1/27	F	11:00am-11:45am
139527	Quince Orchard Vly NP	1/28	Sa	11:00am-11:45am

### Wee Wanna Be Holiday Sampler

**Ages 2-5:** Extend your Wee Wanna Be fall fun or get a preview of winter! This mini session will allow participants to build on skills learned and give them a taste of new winter sports. As a special holiday present from Coach Doug, you are also invited to give a gift of the excitement of a Wee Wanna Be Class to a friend!\*. Register your child/children in any December Holiday Sampler mini-session, and they can take along an age appropriate family friend (who has not participated in a Wee Wanna Be or Coach Doug class this fall session) for free! Adult participation is required. \*To take advantage of this offer, your family friend must bring a completed class registration form, signed by their parent/guardian to the first class. Present the form to center staff to obtain a free ACCESS Card for your friend. Additional registration forms can be found online at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

#### 3 Sessions **\$26.00**

Instructor: CTI, Coach Doug Staff

138780	Leland CC	11/28	M	9:30am-10:15am
139213	Leland CC	11/28	M	10:15am-11:00am
139217	Germantown CC	11/29	Tu	9:30am-10:15am
139218	Germantown CC	11/29	Tu	10:15am-11:00am
139220	Germantown CC	11/29	Tu	11:00am-11:45am
139221	Germantown CC	11/29	Tu	1:30pm-2:15pm
139723	Bauer Drive CC	11/30	W	9:30am-10:15am
139214	Potomac CC	12/1	Th	9:30am-10:15am
139215	Potomac CC	12/1	Th	10:30am-11:15am
139216	Potomac CC	12/1	Th	1:30pm-2:15pm
139225	Oakland Terrace ES	12/3	Sa	9:30am-10:15am
139226	Oakland Terrace ES	12/3	Sa	10:15am-11:00am
139223	Beverly Farms ES	12/3	Sa	9:30am-10:15am
139224	Beverly Farms ES	12/3	Sa	10:15am-11:00am
139724	Bauer Drive CC	12/6	W	10:15am-11:00am



### Coach Doug Sport School Holiday Sampler

**Ages 4-7:** Extend your Coach Doug Sport School fall fun or get a preview of winter! This mini session will allow participants to build on skills learned and give them a taste of new winter sports. As a special holiday present from Coach Doug, you are also invited to give a gift of the excitement of a Coach Doug Class to a friend!\*. Register your child/children in any Holiday Sampler mini-session, and they can take along an age

appropriate family friend (who has not participated in a Coach Doug or Wee Wanna Be class in the fall session) for free! Adult participation is required. \*To take advantage of this offer, your family friend must bring a completed class registration form, signed by their parent/guardian to the first class. Present the form to center staff to obtain a free ACCESS Card for your friend. Additional registration forms can be found online at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

#### 3 Sessions **\$36.00**

Instructor: CTI, Coach Doug Staff

139227	Leland CC	11/28	M	5:00pm-5:45pm
139238	Germantown CC	11/29	Tu	4:15pm-5:00pm
139239	Potomac CC	12/1	Th	4:15pm-5:00pm
139240	Beverly Farms ES	12/3	Sa	11:00am-11:45am
139241	Beverly Farms ES	12/3	Sa	11:00am-11:45am

### Wee Wanna Be

**Ages 2-5:** Which sports players do your kids pretend to be? This innovative sports program builds self-esteem and confidence! Children will receive instruction in sports and agility training through supervised, non-competitive play sessions. Sports change each session and include: soccer, lacrosse, football and more! Bring one or more of your children, and come for the fun! Each child can participate at his/her own pace. Each participant receives a special surprise. \$10 material fee due to instructor. Adult participation required. Price is per child. Call 301-983-2690 for more info. Instructors subject to change.

#### 8 Sessions **\$77.00**

Instructor: CTI, Coach Doug Staff

139824	Leland CC	1/23	M	9:30am-10:15am
139825	Leland CC	1/23	M	10:15am-11:00am
139826	Leland CC	1/23	M	11:00am-11:45am
139832	Leland CC	1/23	M	11:45am-12:30pm
139835	Leland CC	1/23	M	2:30pm-3:15pm

#### 9 Sessions **\$87.00**

Instructor: CTI, Coach Doug Staff

139827	Germantown CC	1/17	Tu	9:30am-10:15am
139828	Germantown CC	1/17	Tu	10:15am-11:00am
139829	Germantown CC	1/17	Tu	11:00am-11:45am
139830	Germantown CC	1/17	Tu	1:30pm-2:15pm
139831	Germantown CC	1/17	Tu	2:15pm-3:00pm
139833	Bauer Drive CC	1/18	W	9:30am-10:15am
139834	Bauer Drive CC	1/18	W	10:15am-11:00am
139836	Potomac CC	1/19	Th	9:30am-10:15am
139837	Potomac CC	1/19	Th	10:30am-11:15am
139838	Potomac CC	1/19	Th	11:30am-12:15pm
139839	Potomac CC	1/19	Th	1:30pm-2:15pm
139840	Potomac CC	1/19	Th	2:30pm-3:15pm
139841	Beverly Farms ES	1/21	Sa	9:30am-10:15am
139842	Beverly Farms ES	1/21	Sa	10:15am-11:00am
139843	Oakland Terrace ES	1/21	Sa	9:30am-10:15am
139844	Oakland Terrace ES	1/21	Sa	10:15am-11:00am

### ★ NEW ★ Coach Doug Sports Hockey Heros

**Ages 4-8:** Hockey is making a comeback! That's super news because this exciting game encompasses fundamental sports skills and is great for hand-eye coordination! We'll cover stick control, passing, shooting and teamwork concepts. Great fun in a non competitive atmosphere which promotes self-esteem and confidence! Each participant will receive a special surprise from Coach Doug. \$10 material fee due to instructor. Price is per child. Call 301-983-2690 for more info.

#### 6 Sessions **\$58.00**

Instructor: CTI, Coach Doug Staff

140613	Germantown CC	1/24	Tu	5:00pm-5:45pm
140614	Potomac CC	1/26	Th	5:00pm-5:45pm



**Coach Doug's Sports School**

**Ages 4-7:** Innovative program based on the highly successful We Wanna Be classes which treat each child as a winner, building self-esteem and enhancing cooperation. Classes will focus on specific sports to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized. Sports change each session and include: soccer, football, lacrosse and more! Each participant receives a special surprise. \$10 material fee due to instructor. Call 301-983-2690 for more info.

**8 Sessions** **\$96.00**

Instructor: CTI, Coach Doug Staff

140638	Leland CC	1/23	M	1:30pm-2:15pm
140639	Leland CC	1/23	M	2:30pm-3:15pm
140640	Leland CC	1/23	M	3:30pm-4:15pm
140641	Leland CC	1/23	M	5:00pm-5:45pm

**9 Sessions** **\$115.00**

Instructor: CTI, Coach Doug Staff

140642	Germantown CC	1/17	Tu	3:30pm-4:15pm
140643	Germantown CC	1/17	Tu	4:15pm-5:00pm
140644	Potomac CC	1/18	Th	3:30pm-4:15pm
140645	Potomac CC	1/18	Th	4:15pm-5:00pm
140646	Beverly Farms ES	1/21	Sa	11:00am-11:45am
140647	Oakland Terrace ES	1/21	Sa	11:00am-11:45am

**Xciting Xtras****Bridge****Introduction to Play of the Hand**

**Ages 18&Up:** Prerequisite-Beginner Bidding Knowledge. It's time to combine those bidding skills with basic play techniques; how to establish tricks using promotion, length and finessing. We'll also cover distribution of missing cards and place emphasis on how to estimate your winners and losers. Xtras include lots of playing time! \$15 material fee due to instructor at class. Call Leslie Shafer at 301-593-6828 or email at [slamhand@verizon.net](mailto:slamhand@verizon.net).

**6 Sessions** **\$56.00**

Instructor: Leslie Shafer

139648	Gwendolyn Coffield CC	1/9	M	7:15pm-9:15pm
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*Bridge is widely considered to be the most stimulating card game ever conceived. Find out what all the excitement is about in one of our bridge classes.*

**Leslie Sez**

**Ages 18&Up:** Intermediate. Many of you hear your friends say, 'Eight ever, nine never', a very fundamental saying in bridge, but do you really understand the concept? Why do they say, 'Down one is good bridge' and what exactly is the meaning of, 'Second hand low' and 'Third hand high'? Unlock the mysteries and meanings of these and other examples of 'table talk' by playing lots and lots of hands that reveal and emphasize why they exist! Those who have not played in a while and would like to brush up are welcome to join in the fun. \$15 material fee due to instructor at class. Call Leslie Shafer at 301-593-6828 or email at [slamhand@verizon.net](mailto:slamhand@verizon.net).

**8 Sessions** **\$75.00**

Instructor: Leslie Shafer

139633	Potomac CC	1/10	Tu	7:30pm-9:30pm
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**Thinking Bridge for the Advanced**

**Ages 18&Up:** Even more magic hands based on Eddie Kantar's 'Thinking Bridge' series. Each hand has it's own lesson. Lots of hands are played in class. You will develop the 'card sense' that others only dream about. Each hand stands alone. \$15 material fee.

**6 Sessions** **\$56.00**

Instructor: Leslie Shafer

139643	Potomac CC	1/9	M	10:00am-12:00pm
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**NEW Still More Magical Hands**

**Ages 18&Up:** Even more magic hands based on Eddie Kantar's Thinking Bridge series. Each hand has it's own lesson. Lots of hands are played in class. You will develop the card sense that others only dream about. Each hand stands alone.

**1 Session** **\$15.00**

Instructor: Leslie Shafer

139851	Potomac CC	12/5	M	10:00am-12:00pm
139852	Potomac CC	12/12	M	10:00am-12:00pm
139853	Potomac CC	12/19	M	10:00am-12:00pm

**Unique Xtras****NEW Beauty Boot Camp-4 Tweens**

**Ages 11-13:** Mission: Lifestyle Training with Flair! Discover that it's not about being the skinniest, prettiest, smartest or the most athletic. It's really about being the best that you can be! Drill Sergeant Tanika puts emphasis on basic grooming, building positive friendships and methods to do battle with negative forces. Create nail, skin and hair care products from secret recipes and everyone is a winner!

**6 Sessions** **\$36.00**

Instructor: Tanika Briggs-Belis

139570	Fairland CC	1/14	Sa	10:30am-11:30am
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**Beauty Boot Camp**

**Ages 13-17:** Lifestyle training which covers basic beauty techniques for young adults. Make-up application, basic grooming, hair styling tips and how to be a lady in social and dating situations. Includes skin care rituals and cosmetics that can be made from the kitchen. Class culminates in a make-up party.

**6 Sessions** **\$36.00**

Instructor: Tanika Briggs-Belis

139572	Fairland CC	1/14	Sa	11:30am-12:30pm
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### **Kensington Etiquette I**

**Ages 6-12:** Good manners enhance self-esteem, build confidence in social situations and increase a child's level of self-respect. Class will focus on dining etiquette, introductions, greetings and conversation skills, telephone etiquette, tolerance, sportsmanship and more! Instruction through role-playing and the popular Kensington games 'Survivor' 'Etiquette Trivia' and more! Program includes materials, pastries and beverages and the 'Grand Finale'. \$10 material fee due to instructor.

<b>6 Sessions</b>					<b>\$105.00</b>
Instructor: Kensington Etiquette					
139863	Potomac CC	1/23	M	4:30pm-6:00pm	
139864	Longwood CC	1/24	Tu	4:30pm-6:00pm	
139865	Leland CC	1/25	W	4:30pm-6:00pm	
139867	Tilden MS	1/28	Sa	10:30am-12:00pm	

### **Kensington Etiquette II**

**Ages 6-12:** Good manners enhance self-esteem, build confidence in social situations and increase a child's level of self-respect. Review Etiquette I, with advanced conversation skills, development of personal style, grooming, respect, tolerance for others, International foods and travel etiquette. Instruction through role-playing and the popular Kensington Games 'survivor' 'Etiquette Trivia' and more! Program includes materials, pastries, beverages and the 'Grand Finale'. \$10 material fee payable to instructor. Kensington Etiquette I is not a prerequisite for Kensington Etiquette II.

<b>6 Sessions</b>					<b>\$105.00</b>
Instructor: Kensington Etiquette					
139876	Potomac CC	1/23	M	6:00pm-7:30pm	
139877	Longwood CC	1/24	Tu	6:00pm-7:30pm	
139878	Leland CC	1/25	W	6:00pm-7:30pm	
139880	Tilden MS	1/28	Sa	12:00pm-1:30pm	

### **Non-Run-of-the Mill Strategy Games**

**Ages 12&Up:** Learn over a dozen innovative non-mainstream strategy games that are currently popular with the gaming community. These games can be learned in 20 minutes or less, and require less than 2-hours to play. Games include: Carcassonne, Ticket to Ride, Tally Ho!, Lost Cities, Mama Mia, Cartagena, Bohnanza, and Yinsh. Class meets every other week: 2-4, 2-18, 3-4, 3-18.

<b>4 Sessions</b>	<b>\$36.00</b>		
Instructor: John Goon			
139313	Bauer Drive CC	2/4	Sa 9:30am-12:00pm

### **Home Organization**

**Ages 18&Up:** As our lives become more chaotic and complex, our homes seem to follow suit. Transform your house into a sanctuary of peace; stress levels decrease and your life begins to function more efficiently. Discuss strategies to cut the clutter, explore techniques to organize each room, and manage your paper and filing. Bring photos of your home, and discover simple yet functional solutions to problem areas.

<b>4 Sessions</b>	<b>\$36.00</b>			
Instructor: Michelle Keefe				
139123	Leland CC	1/17	Tu	10:00am-11:00am



### **Kensington Etiquette Holiday Workshop**

**Ages 18&Up:** This delightful two hour workshop will prepare men and women for the holidays. Class will focus on European and American dining etiquette, formal and informal place settings, table decorating, place cards, proper introductions and greetings, conversational skills and more! Class will include pastries and beverages.

<b>1 Session</b>	<b>\$26.00</b>		
Instructor: Kensington Etiquette			
140338	Leland CC	12/3	Sa 11:30am-1:30pm

### **Kensington Etiquette Children's Workshop**

**Ages 6-12:** Good manners enhance self-esteem, build confidence in social situations and increase a child's level of self-respect. This two hour workshop for boys and girls will focus on European and American dining etiquette, formal and informal place settings, table decorating, place cards, conversational skills and more! Class will include pastries and beverages.

<b>1 Session</b>				<b>\$26.00</b>
Instructor: Kensington Etiquette				
140341	Leland CC	12/3	Sa	9:00am-11:00am

### **KensingtonTots Etiquette**

**Ages 4-5:** Good manners enhance self-esteem, build confidence in social situations and increase a child's level of self-respect. Topics include dining etiquette, public behavior, listening skills and 911 emergency situations. Skills are taught through games, and projects. Program includes: pastries and beverages and the 'Grand Finale' w/parent invite. \$10 material fee payable to instructor.

<b>6 Sessions</b>					<b>\$105.00</b>
Instructor: Kensington Etiquette					
139884	Potomac CC	1/23	M	3:00pm-4:30pm	
139882	Longwood CC	1/24	Tu	3:00pm-4:30pm	
139883	Leland CC	1/25	W	3:00pm-4:30pm	
139885	Tilden MS	1/28	Sa	9:00am-10:30am	

**Modeling for Children**

**Ages 7-12:** Stresses posture, walk, pose, grooming, and improving by doing. Girls only. Instructor is the originator and director of the Modeling Moppets. Enrollment limited. Ages 4-6 meet at 9am, ages 7-9 meet at 10am and ages 10-12 meet at 11am.

**8 Sessions****\$50.00**

Instructor: Katie Mizell

139113 Norbeck-Mncstr Mill NP 1/14 Sa 9:00am-10:00am

139114 Norbeck-Mncstr Mill NP 1/14 Sa 10:00am-11:00am

139115 Norbeck-Mncstr Mill NP 1/14 Sa 11:00am-12:00pm

**NEW Mystery Academy**

**Ages 7-12:** This magical experience introduces the Art of Magic. Children will experiment with a variety of magic tricks and presentation skills, as well as dramatic presentation, comedy, manual dexterity, and positive ideals. Founded on the idea that magic as a performing art combines the best of many arts and sciences to produce a student who is disciplined, self-motivated, imaginative and confident. This course teaches magic tricks to children including sleight-of-hand and magic with cards, coins, rope, paper and other materials.

**10 Sessions****\$75.00**

Instructor: Christopher McCauley Bowers

139725 Potomac CC 1/11 W 5:00pm-6:00pm

**The Press for Creativity**

Do you want to be more creative in your life and generate new ideas for yourself? New ideas give more meaning to our personal life. Explore how to become more creative, see the world from a different perspective and apply the principles of this program to your life and organization. You will leave with tools to practice increased creativity right away! \$13 material fee payable to the instructor.

**1 Session****\$39.00**

Instructor: Mark Sincevich

139854 Leland CC 1/10 Tu 6:00pm-8:00pm

**Work Life Balance**

Are you a Type A personality who finds that there isn't enough time in your schedule to exercise, eat healthy or spend quality time with your friends and family? According to a recent survey, 78% of adults wished that they had more time to stop and smell the roses. In this fascinating presentation, discover how to focus your energy into those areas that you really want to pursue. You will leave this seminar with an action plan to begin achieving balance in your life. \$13 material fee due to instructor.

**1 Session****\$39.00**

Instructor: Mark Sincevich

139855 Leland CC 2/21 Tu 6:00pm-8:00pm

**Powerful Presentations**

Would you like to increase your chances of success when presenting in front of your audience? Improve your presentation skills and learn how to 'wow' an audience! Identify and overcome specific barriers to success through group exercises and interaction utilizing videotaping and audio recording. Leave with specific strategies on how to increase the focus of your message with the audience and understand the importance of your visual, vocal and verbal style for maximum impact. \$13 material fee payable to instructor.

**1 Session****\$39.00**

Instructor: Mark Sincevich

139856 Leland CC 3/8 W 6:00pm-8:00pm

***Terrified at the thought of giving that big presentation? Relax! Powerful Presentations class tells you what you need to know to make that presentation a success!***

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a mainstream facilitator (301-468-4540) to discuss your needs.



MONTGOMERY COUNTY DEPARTMENT OF RECREATION

# Summer Programs

## for Children & Teens

# 2006

**Summer may seem like a world away, but . . .**

registration for summer camps and programs begins on January 17, 2006 (and that's just around the corner!).



Be the first to sign up your child for a summer experience that is fun—safe—convenient—and affordable. January 13 is when you can view all of the summer offerings online at: [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).

**Full payment registrations** may be handled online; or **financial assistance** (for those who already receive assistance from other county agencies) and **payment plans** are also available to county residents.

**Act now!** Some camps and programs fill up fast, and you don't want your child to miss out on the fun!

**For information, call: 240-777-6870**

(Also call for Summer employment opportunities)

## Help Build Your Community: Make a Donation

Help build a better community by making a donation to Friends of Recreation (FOR).<sup>\*</sup> Your tax deductible contribution can help support a community center or other Recreation Department facility, or enable a needy child or teen to enjoy a positive recreation experience. Simply make your check out to the Montgomery Parks Foundation, and indicate how you want your gift to be used. To designate your donation, please specify in the memo section of your check as follows: either FOR General Fund or FOR (and the facility you wish to support).

Send your check to: Friends of Recreation,  
4010 Randolph Road,  
Silver Spring, MD 20902.

<sup>\*</sup>FOR is affiliated with the non-profit Montgomery Parks Foundation, a public foundation that allows citizens to make donations to the County's Parks and Recreation Programs. To learn more about FOR, call 240-777-4920 or check our webpage at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

*Friends of*  
**RECREATION**  
Montgomery County



MONTGOMERY COUNTY

*Charles W. Gilchrist***Center for Cultural Diversity****About the Gilchrist Center for Cultural Diversity**

The Charles W. Gilchrist Center for Cultural Diversity serves as a central point of contact to County and other community services, and is a resource for acquiring language and job skills. It also provides a welcoming environment in which to learn laws and behavioral expectations that govern the community.

The Gilchrist Center Offers:

- **A New Americans Welcome Area**, which focuses on the needs of new immigrants and newcomers to the County. Programs include English as a Second Language (ESOL), Citizenship Classes, Basic Computer Training, Basic Legal Assistance for Civil and Immigration Cases, and Informational Seminars on a variety of themes, including Home Ownership, Consumer Credit, and Basic Legal Information. It also includes an extensive Information and Referral System.
- **A Cultural Program Component**, which includes educational programs concentrating on the wide variety of cultures that comprise our county's population, as well as programs on cultural competency, diversity, and inter-cultural relations. It also offers social events and special events.
- **The Cultural Ambassador (CA) Volunteer Program** assures volunteer involvement at the Center by actively recruiting professionals, retirees, students, corporations, and all community members. By providing support skills and services in a variety of areas, including multilingual and other diverse skill sets. Gilchrist Center Volunteers assist greatly in meeting the Center's goals.

For more information, including program schedules and volunteer opportunities, please contact or visit us at the address below!



Open (Abierto)  
9:00am-1:00pm and  
5:00pm-9:00pm  
Monday-Thursday  
(Lunes-Jueves), and  
9:00am-1:00pm  
Friday & Saturday  
(Viernes y Sábado)  
Closed Sundays  
(Cerrado el Domingo)

**Un Breve Resumen del Centro Gilchrist para Diversidad Cultural**

El Centro Gilchrist para Diversidad Cultural funciona como un lugar muy visible y de fácil acceso para encontrar dirección, apoyo, y oportunidades para la población muy diversa del condado Montgomery, en el estado de Maryland. Sirve como un punto central de contacto a servicios del Condado y de otras organizaciones comunitarias, y es un recurso para obtener habilidades de trabajo y de lenguaje. El Centro también provee un ambiente de bienvenidos por lo cual se puede aprender las leyes y requisitos sociales que gobiernan la comunidad.

El Centro Gilchrist Ofrece:

- **Un Area de Recepción para Nuevos Americanos** que enfoca las necesidades de nuevos inmigrantes y nuevas personas al condado. Programas incluyen inglés como segunda lengua, clases de ciudadanía, entrenamiento básico de computación, asistencia legal básica para casos civiles y de inmigración, y seminarios informativos en una variedad de asuntos, incluyendo Como Comprar Su Propia Vivienda, Bancarrota y Crédito del Consumidor, y Información Legal Básica. También incluye un sistema extensivo de Información y Referencia.
- **Un Componente de Programas Culturales**, programas educativos que tratan de la variedad de culturas que componen la población de nuestro condado, y también programas en como entender otras culturas diversas, y programas sobre relaciones interculturales. Además, ofrece eventos sociales y especiales.
- **El Programa de Voluntarios "Embajador Cultural"** asegura que los voluntarios estén involucrados en el Centro por reclutar profesionales, retirados, estudiantes, corporaciones, y todos los miembros de la comunidad. Por proveer habilidades de apoyo y servicios en una variedad de áreas, incluyendo habilidades multilingües y diversas. Voluntarios del Centro Gilchrist asisten mucho con lograr las metas del Centro.

Para más información, incluyendo horarios de programas y oportunidades voluntarias, por favor contáctenos o visítenos en la dirección abajo!

**Charles W. Gilchrist Center for Cultural Diversity**

11319 Elkin Street  
Wheaton, Maryland 20902  
240-777-4940





## Internet Registration

### You're only a few clicks away!

You need access to the internet and your Customer Number and Account PIN (Personal Identification Number).

Forgot your account information? Call us at 240-777-6840

If you don't have an account, it's easy to set one up. Go to [montgomerycountymd.gov](http://montgomerycountymd.gov) and select the 'Culture & Leisure' tab. Click on 'RecWeb Registration.' Click on the 'Create Account' link and complete the new account form. An account will be created and we will send you an email with your account information needed to logon to RecWeb.

All registrations and all debts owed on your account must be paid for in full at the time of registration.



240-777-8277

### Fast and Convenient

Just fill out and sign the form below, and return this page to our office as soon as possible. You can fax it to us at 240-777-6857. We will set up your family as STARline participants and mail you a packet that includes easy to follow complete instructions for registering via STARline.

#### FAMILY MEMBER INFORMATION FORM: Please list all family members.

Last Name	First Name	Birthdate	Grade	Sex M/F
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_

When you register for classes using STARline, payment in full must be made by Visa or Mastercard. Access to your account will be via a Personal Identification Number (PIN ). This PIN will serve as your electronic signature. Your signature below is an agreement to authorize Montgomery County Department of Recreation to process your payment.

Cardholder/Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

**For more information about RecWeb or STARline, call us at 240-777-6840.  
We'll be happy to answer any questions you may have.**

# Facility Locations

## ELEMENTARY SCHOOLS (ES)

Bannockburn Elementary School-  
6520 Dalroy LN, Bethesda  
Barnsley, Lucy Elementary School-  
14516 Nadine DR, Rockville  
Bethesda Elementary School-  
5011 Moorland LN, Bethesda  
Beverly Farms Elementary School-  
8501 Post Oak RD, Rockville  
Clarksburg Elementary School-  
13530 Redgrave PL, Clarksburg  
Cloverly Elementary School-  
800 Briggs Chaney RD, Silver Spring  
Damascus Elementary School-  
10201 Bethesda Church RD,  
Damascus  
DuFief Elementary School-  
15001 DuFief DR, Gaithersburg  
Glenallan Elementary School-  
12520 Heurich RD, Silver Spring  
Luxmanor Elementary School-  
6201 Tilden LN, Rockville  
Oakland Terrace Elementary School-  
2720 Plyers Mill RD, Silver Spring  
Olney Elementary School-  
3401 Queen Mary DR, Olney  
Poolesville Elementary School-  
19565 Fisher AVE, Poolesville  
Potomac Elementary School-  
10311 River RD, Rockville  
Resnik, Judith A. Elementary School-  
7301 Hadley Farms DR,  
Gaithersburg  
Ride, Dr. Sally K. Elementary School-  
21301 Seneca Crossing DR,  
Germantown  
Rock Creek Forest Elementary School-  
8330 Grubb RD, Chevy Chase  
Rock Creek Valley Elementary School-  
5121 Russett RD, Rockville  
Rock View Elementary School-  
3901 Denfeld AVE, Kensington  
Rolling Terrace Elementary School-  
705 Bayfield ST, Takoma Park  
Sequoyah Elementary School-17301  
Bowie Mill RD, Derwood  
Sherwood Elementary School-  
1401 Olney-Sandy Spring RD,  
Silver Spring  
Stedwick Elementary School-  
10631 Stedwick RD, Gaithersburg  
Stone Mill Elementary School-14323  
Stonebridge View DR, Gaithersburg  
Wayside Elementary School-  
10011 Glen RD, Potomac  
Wyngate Elementary School-  
9300 Wadsworth DR, Bethesda

## LIBRARIES

Bethesda Regional Library-  
7400 Arlington RD, Bethesda  
Wheaton Regional Library-  
11701 Georgia AVE, Wheaton

## SECONDARY SCHOOLS (MS or HS)

Briggs Chaney Middle School-  
1901 Rainbow DR, Silver Spring  
Churchill, Winston High School-  
11300 Gainsborough RD, Potomac  
Einstein, Albert High School-  
11135 Newport Mill Rd, Kensington  
Frost, Robert Middle School-  
9201 Scott DR, Rockville  
Kingsview Middle School-  
18909 Kingsview RD, Germantown  
Poolesville High School-  
7501 Willard RD, Poolesville  
Sligo Middle School-  
1401 Dennis AVE, Silver Spring  
Tilden Middle School-  
11211 Old Georgetown RD, Rockville  
Westland Middle School-  
5511 Massachusetts AVE, Bethesda  
White Oak Middle School-  
12201 New Hampshire AVE,  
Silver Spring  
Wood Middle School-  
14615 Bauer DR, Rockville

## PARK SITES

(LP = local park, PC = park center,  
NP = neighborhood park)

Argyle Local Park-  
1030 Forest Glen RD, Silver Spring  
Camp Seneca Local Park-  
14500 Clopper RD, Boyds  
Capital View-Homewood Local Park-  
2929 Edgewood RD, Kensington  
Glenmont Local Park-  
3201 Randolph RD, Wheaton  
Kemp Mill Estates Local Park-  
120 Claybrook DR, Wheaton  
Ken-Gar Palisades Local Park-  
4140 Wexford DR, Kensington  
Norbeck-Muncaster Mill Neighborhood Park-  
4101 Muncaster Mill RD, Norbeck  
North Chevy Chase Local Park-  
4105 Jones Bridge RD, Chevy Chase  
North Four Corners Local Park-  
211 Southwood AVE, Silver Spring  
Norwood Local Park-  
4700 Norwood RD, Bethesda  
Pilgrim Hills Local Park-  
1615 E Randolph RD, Colesville  
Quince Orchard Valley Neighborhood Park-  
12015 Suffolk TER, Gaithersburg  
Tilden Woods Local Park-  
6800 Tilden LN, Potomac  
Veirs Mill Local Park-  
4425 Garrett Park RD, Wheaton

## POOLS/SWIM CENTERS (P, AqC, SwC)

Germantown Indoor Swim Center-  
1800 Central Park Circle DR, Boyds  
Martin Luther King Swim Center-  
1206 Jackson RD, Silver Spring  
Montgomery Aquatic Center-  
5900 Executive BLVD, N. Bethesda  
Olney Swim Center-  
16601 Georgia AVE, Olney

Also see page 8.

## COMMUNITY CENTERS (CC)

Bauer Drive Community Center-  
14625 Bauer DR, Rockville  
Clara Barton Community Center-  
7425 MacArthur BLVD, Cabin John  
Damascus Community Center-  
25520 Oak DR, Damascus  
East County Community Center-  
3310 Gateshead Manor WAY,  
Silver Spring  
Fairland Community Center-  
14906 Old Columbia PK,  
Burtonsville  
Germantown Community Center-  
18905 Kingsview DR, Germantown  
Gwendolyn Coffield Community Center-  
2450 Lyttonsville RD, Silver Spring  
Leland Community Center-  
4301 Willow LN, Chevy Chase  
Long Branch Community Center-  
8700 Piney Branch RD, Silver Spring  
Longwood Community Center-  
19300 Georgia AVE, Brookeville  
Plum Gar Community Center-  
19561 Scenery Drive, Germantown  
Potomac Community Center-  
11315 Falls RD, Potomac  
Ross Boddy Community Center-  
18529 Brooke RD, Sandy Spring  
Upper County Community Center-  
8201 Emory Grove RD, Gaithersburg  
Wheaton Community Center-  
11711 Georgia AVE, Wheaton

Also see page 69.

## SENIOR CENTERS (SrC)

Holiday Park Senior Center-  
3950 Ferrara DR, Wheaton  
Schweinhaut Senior Center-  
1000 Forest Glen RD, Silver Spring

Also see page 5.

## OTHER FACILITIES

AFI Silver Theatre & Cultural Center-  
8633 Colesville RD, Silver Spring  
Create Arts Center-  
816 Thayer AVE, Silver Spring  
Philbin's Athletic Training Center-  
9168 Gaither RD, Gaithersburg  
Whitetail Ski Resort-  
13805 Blairs Valley RD, Mercersburg



## Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

**Bethesda-Chevy Chase** 240-777-6900  
Bethesda, Chevy Chase, Potomac  
11315 Falls Road, Potomac

**East County** 240-777-4980  
Briggs Chaney, Burtonsville, Fairland, NE Silver Spring  
14906 Old Columbia Pike, Burtonsville

**Mid-County** 240-777-4930  
Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville  
4010 Randolph Road, Silver Spring

**Silver Spring** 240-777-4910  
Silver Spring, Takoma Park  
2450 Lyttonsville Road, Silver Spring

**Upcounty** 240-777-6940  
Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah  
12900 Middlebrook Road, Germantown

## Community Recreation Centers

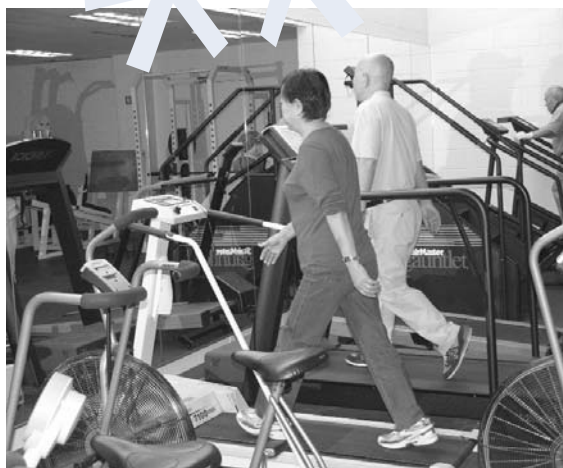
Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

Rooms of various sizes at the CRCs are also available for rentals. Call for specific hours and availability.

<b>Clara Barton Community Center</b>	<b>301-229-0010</b>
7425 MacArthur Boulevard, Cabin John	
<b>Bauer Drive Community Center</b>	<b>301-468-4015</b>
14625 Bauer Drive, Rockville	
<b>Ross J. Boddy Community Center</b>	<b>301-570-1204</b>
18529 Brooke Road, Sandy Spring	
<b>Gwendolyn E. Coffield Community Center</b>	<b>240-777-4900</b>
2450 Lyttonsville Road, Silver Spring	
<b>Damascus Community Center</b>	<b>240-777-6930</b>
25520 Oak Drive, Damascus	
<b>East County Community Center</b>	<b>301-572-7004</b>
3310 Gateshead Manor Way, Silver Spring	
<b>Fairland Community Recreation Center</b>	<b>240-777-4970</b>
14906 Old Columbia Pike, Burtonsville	
<b>Germantown Community Center</b>	<b>301-601-1680</b>
18905 Kingsview Road, Germantown	
<b>Charles W. Gilchrist Center for Cultural Diversity</b>	<b>240-777-4940</b>
11319 Elkin Street, Wheaton	
<b>Good Hope Community Center</b>	<b>301-989-1210</b>
14715 Good Hope Road, Silver Spring	
<b>Leland Community Center</b>	<b>301-652-2249</b>
4301 Willow Lane, Chevy Chase	
<b>Long Branch Community Center</b>	<b>301-431-5702</b>
8700 Piney Branch Road, Silver Spring	
<b>Longwood Community Center</b>	<b>301-570-1200</b>
19300 Georgia Avenue, Brookeville	
<b>Plum Gar Community Center</b>	<b>301-601-0966</b>
19561 Scenery Drive, Germantown	
<b>Potomac Community Center</b>	<b>240-777-6960</b>
11315 Falls Road, Potomac	
<b>Scotland Community Center</b>	<b>301-983-4455</b>
7700 Scotland Drive, Potomac	
<b>Upper County Community Center</b>	<b>301-840-2469</b>
8201 Emory Grove Road, Gaithersburg	
<b>Wheaton Community Center</b>	<b>301-929-5500</b>
11711 Georgia Avenue, Wheaton	

**Aquatic Centers:** See page 8  
**Senior Centers:** See page 5  
**Other Locations:** See page 64



Walk your way to fitness in one of our exercise rooms! These residents are enjoying the exercise room at Germantown Community Center.



## Winter Workshops 2006 For All Ages

To register or request a brochure, call 301.585.1225.

See complete program details at [www.roundhousetheatre.org](http://www.roundhousetheatre.org).

All winter 2006 class sessions are held at Round House Theatre Education Center, 925 Wayne Avenue, Silver Spring, MD 20910. These classes are offered by Round House Theatre, a not-for-profit 501(c)(3) corporation.

### FOR THE WHOLE FAMILY

#### Puppet Creations

##### Class Days/Dates/Time:

Saturdays, January 14 – February 18, 2006  
11:00pm – 12:30pm

Over six class sessions, students will design and craft puppets of various styles, using a variety of visual art media and materials. After each puppet is made, participants will bring their creations to life through performance. This class is designed specifically for two or more people to take together.

**Tuition:** \$150 for 1st participant, \$50 for each additional student

**Instructor:** Scott Hunter

### PREK AND ELEMENTARY SCHOOL

##### PreK and Elementary Class Days/Dates/Time:

Saturdays, January 14 – February 18, 2006,  
9:30am – 10:30am

**PreK and Elementary Class Tuition:** \$150

#### Animal Tales (PreK–K)

Using their imaginations students will explore the animal kingdom—from the smallest mouse to the most magnificent dragon—through creative play, music, movement and visual arts.

**Instructor:** Jenny Morris

#### Total Body Theatre (K–2)

*Total Body Theatre* engages the entire child—body, voice and mind—through creative dramatics, group games and basic theatrical storytelling exercises.

**Instructor:** Deborah Feigenson

#### Stories Come Alive (Grades 3–5)

Students will take famous stories of action and exploration and bring them to life through playmaking and performance.

**Instructor:** Jennifer Gaddy

### FOR MIDDLE SCHOOL STUDENTS

##### Middle School Class Days/Dates/Time:

Saturdays, January 14 – February 18, 2006,  
12:00pm – 2:00pm

**Middle School Class Tuition:** \$250

#### Hero's Journey (Grades 6–8)

It is said there are six different types of heroes. Each week students will examine a different form of the hero, and then make and perform original monologues and scenes based around them.

**Instructor:** Niki Jacobsen

#### Time Travels through Theatre

(Grades 6–8)

In this fast-paced class, students will explore how performing theatre has changed over time by making their stylized scenes and short plays.

**Instructor:** Alexis Rose

### FOR HIGH SCHOOL

##### High School Class Days/Dates/Time:

Saturdays, January 14 – February 18, 2006,  
12:00pm – 2:00pm

**High School Class Tuition:** \$250

#### Improvisation 2 (Grades 9–12)

Students in this class will continue sharpening and developing their improvisational skills, building on students' experiences from previous classes at Round House Theatre.

**Instructor:** Kevin Corbett

#### Adaptations: Great Stories from Page to Stage

(Grades 10–12)

This advanced class will have students investigating the process of turning a literary novel into a live performance piece. Students will read Chris Bohjalian's novel *Midwives*, and explore how they would write, stage and perform pivotal scenes for the stage.

**Instructor:** John Michael MacDonald

### FOR ADULTS

**Adult Class Tuition:** \$250

#### Cabaret Act

##### Class Days/Dates/Time:

Mondays, January 9 – February 13, 2006  
7:30pm – 9:30pm

*Cabaret Act* provides students with the basic skills and knowledge to create and perform a successful cabaret act. Areas of focus include: increase comfort level, choosing material, "performing" a song, microphone techniques, and—most importantly—designing an original cabaret act around you.

**Instructor:** Michael Sharp

#### Everything You Always Wanted to Know about the Business but were Afraid to Ask

##### Class Days/Dates/Time:

Mondays, January 9 – February 13, 2006  
7:30pm – 9:30pm

Through a variety of formats—discussion, Q&A, role play—students will cover a range of topics: the actor's toolbox, the rehearsal process, how to prepare for auditions, the ins and outs of Unions, balancing a day job with a theatrical night job.

**Instructor:** JJ Kaczynski

#### Scenes from the Season

##### Class Days/Dates/Time:

Tuesdays, January 10 – February 14, 2006  
7:30pm – 9:30pm

In this class, participants will perform scene excerpts from plays being produced in the 2005/2006 season at Round House Theatre. The diverse genres of these plays offer students the opportunity to explore different styles of acting by focusing on script analysis, movement, and characterization.

**Instructor:** Patrick Torres

## Check out our special Spring Break Camps:

Spring Destinations (Grades K–5)

Around the World in 5 Days (Grades 6–8)

Spring Break Camps run April 10–14, 2006.

Registration is limited. Call for more information.





## W I N T E R   P A R K   P R O G R A M S

- Nature Centers
- Ice Skating Rinks
- Tennis Centers
- Public Gardens
- Recreational Facilities
- Social/Conference Centers

**Montgomery  
Parks**  
M-N-C-P-P-C

*It's all right here!*



# From the Chairman



THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION  
Office of the Chairman, Montgomery County Planning Board



Winter 2005

Dear Montgomery County Resident:

Even in the wintertime our park system is bustling with activity! From the impressive holiday light show offered at Brookside Gardens to the ice skating shows at Cabin John and Wheaton Regional – the fun really does start right here.

Take a look at the numerous exciting, educational programs and events for children, adults and seniors. I hope you get involved and take advantage of everything our nationally recognized park system has to offer.

In this edition of the guide, we have included a new form that can be used to register for programs or classes offered by both the Park and Planning Commission and the Department of Recreation. The form is located on the last page of the Guide.

We have also included important information about the role the Commission plays in planning sustainable and thriving communities in Montgomery County. These decisions have an immediate impact on the quality of life in our region. We invite you to get involved in the process and share your perspective about development in Montgomery County.

We look forward to seeing you at our programs and events. Best wishes for a healthy, happy and active holiday season.

Sincerely,

A handwritten signature in blue ink that reads "Derick P. Berlage".

Derick P. Berlage  
Chairman

The Maryland-National Capital Park and Planning Commission

Montgomery County Planning Board, 8787 Georgia Avenue, Silver Spring, Maryland 20910  
Phone: (301) 495-4605, Fax: (301) 495-1320, E-mail: mcp-chairman@mncppc-mc.org, www.mncppc-mc.org

# Check Out What's in Your Backyard!

**Montgomery  
Parks**  
M-N-C-P-P-C

## ICE RINKS

### Cabin John Ice Rink **ParkPASS**

Cabin John Regional Park, 10610 Westlake Drive, Rockville, MD 20852

301-365-2246 | fax: 301-469-6196

[www.cabinjohnice.com](http://www.cabinjohnice.com)



### Wheaton Ice Arena/In-Line Rink **ParkPASS**

Wheaton Regional Park, 11717 Orebaugh Avenue, Wheaton, MD 20902

301-649-2250 (recording) | 301-649-3640

fax: 301-649-2424 | [www.wheatonicearena.com](http://www.wheatonicearena.com)

## TENNIS CENTERS

### Cabin John Tennis **ParkPASS**

Cabin John Regional Park, 7801 Democracy Boulevard, Bethesda, MD 20817 | 301-469-7300

fax: 301-365-7527

[www.cabinjohntennis.com](http://www.cabinjohntennis.com)



### Wheaton Tennis **ParkPASS**

Wheaton Regional Park, 11715 Orebaugh Avenue, Wheaton, MD 20902 | 301-649-4049

fax: 301-649-1576

[www.wheatontennis.com](http://www.wheatontennis.com)

## NATURE FACILITIES

### Black Hill Visitor Center **ParkPASS**

Black Hill Regional Park, 20926 Lake Ridge Drive, Boyds, MD 20841 | 301-916-0220 | fax: 301-515-9520

[www.blackhillnature.org](http://www.blackhillnature.org)

### Brookside Nature Center **ParkPASS**

Wheaton Regional Park, 1400 Glenallan Avenue, Wheaton, MD 20902 | 301-946-9071

fax: 301-962-8476

[www.brooksidenature.org](http://www.brooksidenature.org)



### Meadowside Nature Center **ParkPASS**

Rock Creek Regional Park, 5100 Meadowside Lane, Rockville, MD 20855 | 301-924-4141

fax: 301-924-1034 | [www.meadowsidenature.org](http://www.meadowsidenature.org)

### Locust Grove Nature Center **ParkPASS**

Cabin John Regional Park, 7777 Democracy Boulevard, Bethesda, MD 20817 | 301-299-1990

fax: 301-469-0759 | [www.locustgrovenature.org](http://www.locustgrovenature.org)

## PUBLIC GARDENS



### Brookside Gardens **ParkPASS**

Wheaton Regional Park, 1800 Glenallan Avenue, Wheaton, MD 20902 | 301-962-1400

fax: 301-962-7878

[www.brooksidegardens.org](http://www.brooksidegardens.org)

## SOCIAL/CONFERENCE CENTERS

### Lodge at Little Seneca

14500-A Clopper Road, Boyds, MD 20841

301-299-5026 | [www.lodgeatseneca.com](http://www.lodgeatseneca.com)

### Rockwood Manor

11001 MacArthur Boulevard, Potomac, MD 20854 | 301-299-5026

[www.rockwoodmanor.com](http://www.rockwoodmanor.com)

### Woodlawn Manor

16501 Norwood Road, Sandy Spring, MD 20860

301-299-5026 | [www.woodlawnmanor.com](http://www.woodlawnmanor.com)



## GOLF COURSES

### Little Bennett Golf Course

Little Bennett Regional Park, 25900 Prescott Road, Clarksburg, MD 20871 | 301-253-1515

[www.littlebennettgolf.com](http://www.littlebennettgolf.com)

### Needwood Golf Course

Rock Creek Regional Park, 6724 Needwood Road, Rockville, MD 20855 | 301-948-1075 | [www.needwoodgolf.com](http://www.needwoodgolf.com)

### Northwest Park Golf Course

15711 Layhill Road, Wheaton, MD 20906

301-598-6100 | [www.northwestparkgolf.com](http://www.northwestparkgolf.com)

### Sligo Creek Golf Course

9701 Sligo Creek Parkway, Silver Spring, MD 20901

301-585-6006 | [www.sligogolf.com](http://www.sligogolf.com)

## RECREATIONAL FACILITIES

### Black Hill Boats

Black Hill Regional Park, 20920 Lake Ridge Drive, Boyds, MD 20841 | 301-972-6157 | [www.blackhillboats.com](http://www.blackhillboats.com)

### Cabin John Miniature Train

Cabin John Regional Park, 7410 Tuckerman Lane, Rockville, MD 20852 | 301-469-7835 | [www.cabinjohntrain.com](http://www.cabinjohntrain.com)

### Lake Needwood Boats

Rock Creek Regional Park, 15700 Lake Needwood Circle, Rockville, MD 20855 | 301-948-0501

[www.lakeneedwoodboats.com](http://www.lakeneedwoodboats.com)

### Little Bennett Campground

Little Bennett Regional Park, 23701 Frederick Road, Clarksburg, MD 20871 | 301-972-9222

[www.littlebennettcampground.com](http://www.littlebennettcampground.com)

### South Germantown Splash Park and Mini-Golf

South Germantown Recreational Park, 18056 Central Park Circle, Boyds, MD 20841 | 301-601-3580

[www.sgermantownsplashandgolf.com](http://www.sgermantownsplashandgolf.com)

### Wheaton Miniature Train and Carousel

Wheaton Regional Park, 2000 Shorefield Road, Wheaton, MD 20902 | 301-942-6703

[www.wheatontrainandcarousel.com](http://www.wheatontrainandcarousel.com)

**ParkPASS** A ParkPASS facility. Open a ParkPASS account to register online for activities and programs at these locations. More information on page 102.





Brookside Gardens

www.brooksidegardens.org

Brookside Gardens

# GREEN Matters Symposium: After the Rain

Friday, February 24, 8:30-4:00pm

**Water** is an essential element for our plants to flourish. Though rainwater is clearly beneficial to nature, sometimes the pollutants it carries with it are destructive. Yet the perfect filter is just underfoot: the soil in our gardens. What are the best methods to capture and use this resource to its greatest potential, while creating beautiful landscapes? Come to Green Matters and find out!

## Managing Water in the Landscape: Why is it Important?

**Neil Weinstein, PE, RLA, AICP**

Executive Director and co-founder, Low Impact Development Center, Beltsville, Maryland

## Rain Garden Workshop

**Dawn Gifford, Executive Director,**  
DC Greenworks

## Keeping the Lawn Green & Our Water Clean

**Mike Goatley, Extension Turfgrass Specialist, Crop & Soil Environmental Sciences, Virginia Tech, Blacksburg, Virginia**

## Plants for Bioretention

**Julie Myers, Senior Landscape Architect**  
Low Impact Development Center, Beltsville, Maryland

## Rain Barrel Workshop take home your own rain barrel!

**Joe Keyser, "The GreenMan" cable show host and newspaper columnist**

**Craig Carson, Watershed Planner, Dept. of Environmental Protection, Montgomery County, Maryland**

**Meo Curtis, Senior Planning Specialist, Dept. of Environmental Protection, Montgomery County, Maryland**

## Springs & Falls: Using Water Evocatively & Sustainably in Landscape Design

**Warren T. Byrd, Jr., CLA, FASLA, Principal, Nelson Byrd Woltz Landscape Architects, & Professor Emeritus, University of Virginia**

Friday, February 24  
8:30am-4:00pm COURSE #4451  
Fee: \$69 early registration by January 13  
\$79 after January 13  
Visitors Center Auditorium

## Garden of Lights

Bundle up for an outdoor winter walk that electrifies the landscape with over 650,000 twinkling lights. The creative spirit of Brookside Gardens shines through in original artforms of colorful flowers in bloom, imaginative animals, and dazzling fountains, all celebrating a festive, secular holiday display. Refreshments and music each night in the Visitors Center.



### Dates

November 2005: 19, 20, 25, 26, 27  
December 2005: 1, 2, 3, 4, 7, 8, 9, 10, 11, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 26, 27, 28, 29, 30  
January 2006: 1, 2, 3, 4, 5, 6, 7, 8

### Hours

5:30-9:00pm, last car admitted at 8:30pm

### Admission

\$15 per car. Cash only at entrance.

### Garden of Lights Hotline

301-962-1453



**Green Matters**  
Environment • Ethics • Education

## Brookside Gardens

The Brookside Gardens School of Botanical Art & Illustration provides drawing and painting classes at beginning, intermediate, and advanced levels. All classes are located at McCrillis Gardens.

\*This class is for students that have successfully completed the prerequisites. Registration must be done through the mail or in person at Brookside Gardens.

### Adult Programs

#### *New and Underutilized Trees for the Urban Landscape*

Join Nina Bassuk, Professor and Director of the Urban Horticulture Institute at Cornell University for an enlightening lecture on trees that are especially adaptable to urban conditions. These trees are both tough in the face of adversity and beautiful in the landscape. This lecture is free of charge to Friends of Brookside Gardens. Friends should not register on-line but rather contact the registrar at 301/962-1451 to register. The fee for non-members is \$5.00.

3350 18yrs&up 1 class \$5 12/2 F 10:00am-11:30am

#### *Twinkling Boxwood Wreath*

Join Stephanie Oberle, Brookside Gardens Staff, to light the holidays with a fresh boxwood wreath enhanced by a string of miniature lights. Fee includes all materials to make and decorate the wreath, plus battery operated lights.

3402 18yrs&up 1 Class \$36 12/9 F 10:00am-12:00pm

3446 18yrs&up 1 Class \$36 12/10 Sa 10:00am-12:00pm

#### *Holiday Centerpiece*

Join Joan O'Rourke, Friends of Brookside Gardens, to make a long-lasting, festive centerpiece using fresh greens surrounding a candle and adorned with seasonal decorations-make one for yourself and one for a friend. Fee includes all materials for two centerpieces.

4448 18yrs&up 1 Class \$32 12/13 Tu 9:30am-11:30am

4449 18yrs&up 1 Class \$32 12/14 W 9:30am-11:30am

#### *Carnation Topiary*

Stephanie Oberle, Brookside Gardens Staff, will put a new twist on a traditional style! She'll teach you how to create a simple but elegant topiary using red carnations in a sphere of floral foam. Perched atop vintage glassware, the arrangement will add color and sparkle to your holiday table. Fee includes all materials.

3404 18yrs&up 1 Class \$25 12/16 F 10:00am-12:00pm

3447 18yrs&up 1 Class \$25 12/17 Sa 10:00am-12:00pm

#### *Mixed Bouquet Workshop*

Let Karen Nelson Kent, Floral Diversity, teach you how to improve the look of a mixed bouquet of fresh cut flowers using European techniques of hand tying and color blocking. Fee includes all materials.

4452 18yrs&up 1 Class \$38 2/8 W 10:30am-12:00pm

4453 18yrs&up 1 Class \$38 2/8 W 7:00pm-8:30pm

#### *Philadelphia Flower Show*

Make reservations now to travel to the Philadelphia Flower Show--considered the best flower show on the East Coast. Bring your gardening questions, attend a free lecture, or shop the Marketplace. Fee includes coach transportation, entrance fee, and light snacks on the bus. Your lunch/dinner may be purchased at the show.

4396 18yrs&up 1 Class \$69 3/7 Tu 7:30am-7:30pm

4397 18yrs&up 1 Class \$69 3/7 Tu 7:30am-7:30pm

4398 18yrs&up 1 Class \$69 3/9 Th 11:00am-11:00pm

### Children's Programs

#### *Flower Buds*

This program features stories, crafts, and garden walks for children ages 3 to 5 years old with a parent.

5086 3-5yrs 1 Class \$2 12/12 M 10:30am-11:30am

5089 3-5yrs 1 Class \$2 1/9 M 10:30am-11:30am

5090 3-5yrs 1 Class \$2 2/13 M 10:30am-11:30am

#### *Holiday Potpourri Package*

We will recycle, decorate and make a special package complete with gardening gifts that you can mail to a loved one or friend. Please bring a 2-liter plastic bottle. Gifts may include seeds, herbal tea, and potpourri.

5058 6-9yrs 1 Class \$6 12/15 Th 4:00pm-5:30pm

### School of Botanical Art & Illustration

The Brookside Gardens School of Botanical Art and Illustration provides drawing and painting classes at beginning, intermediate, and advanced levels. All classes are located at McCrillis Gardens.

New session begins in March 2006; look for new classes in the Spring 2006 Guide!





# Ice Skating

Registrations are accepted in person, by mailing or faxing the registration form to the facility, by phone via our IVR system (301-962-1477), or by internet ([www.parkpass.org](http://www.parkpass.org)). See the registration form at the back of the Guide. Sign up early to ensure best availability.

For classes beginning the week of January 2, registration begins December 17. No registrations will be processed prior to this date. Registration ends December 30. Registrations after December 30 must be done in person at the facility and a late registration fee may apply.

For classes beginning the week of February 24, registration begins February 16. No registrations will be processed prior to this date. Registration ends February 21. Registrations after February 21 must be done in person at the facility and a late registration fee may apply.

Ice skating and hockey lessons for all ages and abilities are offered at Cabin John Ice Rink and Wheaton Ice Arena. Course fees include either six 30-minute lessons or six 45-minute lessons. All lessons include a card for six practice sessions to be used during any public skating session, and the use of rental skates for both lessons and practices. Practice cards are valid only during the six-week lesson period until the start of the next lesson period. Practice cards are non-transferable, non-refundable, and lost cards will not be replaced.

Please read all course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. There are no make-ups or refunds for missed classes.

## Tot

The Tot curriculum is designed for children ages 3-4 that would like to gain skating experience. Covers falling down and getting up, marching, swizzles, two-foot glides, and snowplow stops.

### Tot 1

Students will learn the proper way to fall and stand up, marching and marching while moving. Proper skate fitting will also be covered.

#### Cabin John Ice Rink

7652	3-4yrs	6 Classes	\$81	1/5	Th	9:30am-10:00am
7653	3-4yrs	6 Classes	\$81	1/5	Th	1:00pm-1:30pm
7654	3-4yrs	6 Classes	\$81	1/5	Th	4:00pm-4:30pm
7655	3-4yrs	6 Classes	\$81	1/6	F	3:00pm-3:30pm
7656	3-4yrs	6 Classes	\$81	1/7	Sa	9:30am-10:00am
7657	3-4yrs	6 Classes	\$81	1/7	Sa	12:45pm-1:15pm
7658	3-4yrs	6 Classes	\$81	1/7	Sa	3:00pm-3:30pm
7659	3-4yrs	6 Classes	\$81	1/8	Su	11:30am-12:00pm
7660	3-4yrs	6 Classes	\$81	1/8	Su	3:15pm-3:45pm
7649	3-4yrs	6 Classes	\$81	1/9	M	2:30pm-3:00pm
7650	3-4yrs	6 Classes	\$81	1/10	Tu	10:00am-10:30am
7651	3-4yrs	6 Classes	\$81	1/11	W	10:30am-11:00am
8056	3-4yrs	6 Classes	\$81	2/25	Sa	10:30am-11:00am
8057	3-4yrs	6 Classes	\$81	2/25	Sa	12:15pm-12:45pm
8058	3-4yrs	6 Classes	\$81	2/25	Sa	1:45pm-2:15pm
8059	3-4yrs	6 Classes	\$81	2/26	Su	12:30pm-1:00pm
8048	3-4yrs	6 Classes	\$81	2/27	M	2:00pm-2:30pm
8049	3-4yrs	6 Classes	\$81	2/27	M	4:30pm-5:00pm



## Winter Break Skating School

This week of skating fun is for levels Alpha through Freestyle. The fun includes music interpretation, strength building, on ice and off ice workouts, and is concluded with a mini show. Register Today.

### Wheaton Ice Arena

10298 5yrs&up 4 Classes \$26012/27-30 Tu-F 8:00am-12:30pm

8050	3-4yrs	6 Classes	\$81	2/28	Tu	10:00am-10:30am
8051	3-4yrs	6 Classes	\$81	2/28	Tu	4:00pm-4:30pm
8052	3-4yrs	6 Classes	\$81	3/1	W	11:00am-11:30am
8053	3-4yrs	6 Classes	\$81	3/1	W	3:00pm-3:30pm
8054	3-4yrs	6 Classes	\$81	3/2	Th	10:30am-11:00am
8055	3-4yrs	6 Classes	\$81	3/2	Th	2:00pm-2:30pm

#### Wheaton Ice Arena

8403	3-4yrs	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8404	3-4yrs	6 Classes	\$81	1/7	Sa	12:45pm-1:15pm
8405	3-4yrs	6 Classes	\$81	1/7	Sa	4:30pm-5:00pm
8398	3-4yrs	6 Classes	\$81	1/8	Su	11:45am-12:15pm
8399	3-4yrs	6 Classes	\$81	1/9	M	1:00pm-1:30pm
8400	3-4yrs	6 Classes	\$81	1/9	M	4:00pm-4:30pm
8401	3-4yrs	6 Classes	\$81	1/12	Th	12:30pm-1:00pm
8402	3-4yrs	6 Classes	\$81	1/12	Th	3:45pm-4:15pm
8849	3-4yrs	6 Classes	\$81	2/27	M	1:00pm-1:30pm
8850	3-4yrs	6 Classes	\$81	2/27	M	4:00pm-4:30pm
8851	3-4yrs	6 Classes	\$81	3/2	Th	12:30pm-1:00pm
8852	3-4yrs	6 Classes	\$81	3/2	Th	3:45pm-4:15pm
8853	3-4yrs	6 Classes	\$81	3/4	Sa	10:15am-10:45am
8854	3-4yrs	6 Classes	\$81	3/4	Sa	12:45pm-1:15pm
8855	3-4yrs	6 Classes	\$81	3/4	Sa	4:30pm-5:00pm
8848	3-4yrs	6 Classes	\$81	3/5	Su	11:45am-12:15pm

### Tot 2

Prerequisite Tot 1. Students will learn two-foot jump in place, forward swizzles (moving and standing still), and beginning two-foot glide.

#### Cabin John Ice Rink

7665	3-4yrs	6 Classes	\$81	1/5	Th	10:30am-11:00am
7666	3-4yrs	6 Classes	\$81	1/7	Sa	9:00am-9:30am
7667	3-4yrs	6 Classes	\$81	1/7	Sa	10:00am-10:30am
7668	3-4yrs	6 Classes	\$81	1/7	Sa	12:15pm-12:45pm
7669	3-4yrs	6 Classes	\$81	1/7	Sa	3:30pm-4:00pm
7670	3-4yrs	6 Classes	\$81	1/8	Su	1:00pm-1:30pm
7661	3-4yrs	6 Classes	\$81	1/9	M	1:30pm-2:00pm
7662	3-4yrs	6 Classes	\$81	1/10	Tu	10:30am-11:00am
7663	3-4yrs	6 Classes	\$81	1/10	Tu	4:30pm-5:00pm

7664	3-4yrs	6 Classes	\$81	1/11	W	10:00am-10:30am
8066	3-4yrs	6 Classes	\$81	2/24	F	3:00pm-3:30pm
8067	3-4yrs	6 Classes	\$81	2/25	Sa	9:30am-10:00am
8068	3-4yrs	6 Classes	\$81	2/25	Sa	12:45pm-1:15pm
8069	3-4yrs	6 Classes	\$81	2/25	Sa	3:00pm-3:30pm
8070	3-4yrs	6 Classes	\$81	2/26	Su	11:30am-12:00pm
8071	3-4yrs	6 Classes	\$81	2/26	Su	3:15pm-3:45pm
8060	3-4yrs	6 Classes	\$81	2/27	M	2:30pm-3:00pm
8061	3-4yrs	6 Classes	\$81	2/28	Tu	10:00am-10:30am
8062	3-4yrs	6 Classes	\$81	3/1	W	10:30am-11:00am
8063	3-4yrs	6 Classes	\$81	3/2	Th	9:30am-10:00am
8064	3-4yrs	6 Classes	\$81	3/2	Th	1:00pm-1:30pm
8065	3-4yrs	6 Classes	\$81	3/2	Th	4:00pm-4:30pm

**Wheaton Ice Arena**

8410	3-4yrs	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8411	3-4yrs	6 Classes	\$81	1/7	Sa	12:45pm-1:15pm
8412	3-4yrs	6 Classes	\$81	1/7	Sa	5:00pm-5:30pm
8406	3-4yrs	6 Classes	\$81	1/8	Su	11:45am-12:15pm
8407	3-4yrs	6 Classes	\$81	1/9	M	1:00pm-1:30pm
8408	3-4yrs	6 Classes	\$81	1/9	M	4:00pm-4:30pm
8409	3-4yrs	6 Classes	\$81	1/12	Th	12:30pm-1:00pm
8857	3-4yrs	6 Classes	\$81	2/27	M	1:00pm-1:30pm
8858	3-4yrs	6 Classes	\$81	2/27	M	4:00pm-4:30pm
8859	3-4yrs	6 Classes	\$81	3/2	Th	12:30pm-1:00pm
8860	3-4yrs	6 Classes	\$81	3/4	Sa	10:15am-10:45am
8861	3-4yrs	6 Classes	\$81	3/4	Sa	12:45pm-1:15pm
8862	3-4yrs	6 Classes	\$81	3/4	Sa	5:00pm-5:30pm
8856	3-4yrs	6 Classes	\$81	3/5	Su	11:45am-12:15pm

**Tot 3**

Prerequisite Tot 2. Students will learn forward swizzles, push and glide stroking, dip and preparation for the snow plow stop.

**Cabin John Ice Rink**

7674	3-4yrs	6 Classes	\$81	1/6	F	1:30pm-2:00pm
7675	3-4yrs	6 Classes	\$81	1/7	Sa	9:00am-9:30am
7676	3-4yrs	6 Classes	\$81	1/7	Sa	10:30am-11:00am
7677	3-4yrs	6 Classes	\$81	1/8	Su	11:30am-12:00pm
7678	3-4yrs	6 Classes	\$81	1/8	Su	1:30pm-2:00pm
7671	3-4yrs	6 Classes	\$81	1/9	M	4:00pm-4:30pm
7672	3-4yrs	6 Classes	\$81	1/10	Tu	9:30am-10:00am
7673	3-4yrs	6 Classes	\$81	1/11	W	10:00am-10:30am
8075	3-4yrs	6 Classes	\$81	2/25	Sa	9:00am-9:30am
8076	3-4yrs	6 Classes	\$81	2/25	Sa	11:00am-11:30am
8077	3-4yrs	6 Classes	\$81	2/25	Sa	3:30pm-4:00pm
8078	3-4yrs	6 Classes	\$81	2/26	Su	11:30am-12:00pm
8079	3-4yrs	6 Classes	\$81	2/26	Su	1:00pm-1:30pm
8072	3-4yrs	6 Classes	\$81	2/27	M	1:30pm-2:00pm
8073	3-4yrs	6 Classes	\$81	2/28	Tu	4:30pm-5:00pm
8074	3-4yrs	6 Classes	\$81	3/1	W	11:00am-11:30am

**Wheaton Ice Arena**

8416	3-4yrs	6 Classes	\$81	1/7	Sa	10:45am-12:15pm
8417	3-4yrs	6 Classes	\$81	1/7	Sa	12:45pm-1:15pm
8418	3-4yrs	6 Classes	\$81	1/7	Sa	5:45pm-6:15pm
8413	3-4yrs	6 Classes	\$81	1/8	Su	11:45am-12:15pm
8414	3-4yrs	6 Classes	\$81	1/9	M	4:00pm-4:30pm
8415	3-4yrs	6 Classes	\$81	1/12	Th	1:30pm-2:00pm
8864	3-4yrs	6 Classes	\$81	2/27	M	4:00pm-4:30pm
8865	3-4yrs	6 Classes	\$81	3/2	Th	1:30pm-2:00pm
8866	3-4yrs	6 Classes	\$81	3/4	Sa	10:45am-12:15pm
8867	3-4yrs	6 Classes	\$81	3/4	Sa	12:45pm-1:15pm
8868	3-4yrs	6 Classes	\$81	3/4	Sa	5:45pm-6:15pm
8863	3-4yrs	6 Classes	\$81	3/5	Su	11:45am-12:15pm

**Tot 4**

Prerequisite Tot 3. Students will learn backward swizzles and wiggles, snow plow stop, and pushing from a T-position.

**Cabin John Ice Rink**

7680	3-4yrs	6 Classes	\$81	1/6	F	12:30pm-1:00pm
7681	3-4yrs	6 Classes	\$81	1/7	Sa	9:00am-9:30am
7679	3-4yrs	6 Classes	\$81	1/11	W	9:30am-10:00am
8081	3-4yrs	6 Classes	\$81	2/24	F	12:30pm-1:00pm
8082	3-4yrs	6 Classes	\$81	2/25	Sa	9:00am-9:30am
8080	3-4yrs	6 Classes	\$81	2/28	Tu	9:30am-10:00am

**Wheaton Ice Arena**

8422	3-4yrs	6 Classes	\$81	1/7	Sa	10:45am-12:15pm
8423	3-4yrs	6 Classes	\$81	1/7	Sa	12:45pm-1:15pm
8419	3-4yrs	6 Classes	\$81	1/8	Su	11:45am-12:15pm
8420	3-4yrs	6 Classes	\$81	1/9	M	4:00pm-4:30pm
8421	3-4yrs	6 Classes	\$81	1/12	Th	1:30pm-2:00pm
8870	3-4yrs	6 Classes	\$81	2/27	M	4:00pm-4:30pm
8871	3-4yrs	6 Classes	\$81	3/2	Th	1:30pm-2:00pm
8872	3-4yrs	6 Classes	\$81	3/4	Sa	10:45am-12:15pm
8873	3-4yrs	6 Classes	\$81	3/4	Sa	12:45pm-1:15pm
8869	3-4yrs	6 Classes	\$81	3/5	Su	11:45am-12:15pm

**Parent and Tot**

This class will focus on introducing beginning skating skills to toddlers ages 3-4. Parents will participate in on ice activities with their child. This class is recommended for those children who would like the extra support of mom or dad. Please register both parent and child. Course fee is \$40.50 each for parent and child.

**Cabin John Ice Rink**

7683	3yrs&up	6 Classes	\$81	1/5	Th	11:00am-11:30am
7684	3yrs&up	6 Classes	\$81	1/7	Sa	9:00am-9:30am
7685	3yrs&up	6 Classes	\$81	1/7	Sa	11:00am-11:30am
7682	3yrs&up	6 Classes	\$81	1/10	Tu	10:30am-11:00am
8085	3yrs&up	6 Classes	\$81	2/25	Sa	9:00am-9:30am
8083	3yrs&up	6 Classes	\$81	2/28	Tu	10:30am-11:00am
8084	3yrs&up	6 Classes	\$81	3/2	Th	11:00am-11:30am

**Online Registration Recommended**

Get your family account set up early to ensure you have your account information and PIN prior to the registration date.

*Lease an hour of ice time for your party, practices, or school groups. Call the facility for more information.*



## Pre-Alpha

This class is designed for beginners or those with minimal ice skating experience. Students will learn how to fall down and get up, march, glide on two feet and properly tie and fit skates.

### Pre-Alpha Preschool

#### Cabin John Ice Rink

7759	4-6yrs	6 Classes	\$81	1/5	Th	10:00am-10:30am
7760	4-6yrs	6 Classes	\$81	1/5	Th	1:30pm-2:00pm
7761	4-6yrs	6 Classes	\$81	1/5	Th	4:30pm-5:00pm
7762	4-6yrs	6 Classes	\$81	1/5	Th	5:45pm-6:15pm
7763	4-6yrs	6 Classes	\$81	1/6	F	1:00pm-1:30pm
7764	4-6yrs	6 Classes	\$81	1/6	F	4:00pm-4:30pm
7765	4-6yrs	6 Classes	\$81	1/6	F	4:30pm-5:00pm
7766	4-6yrs	6 Classes	\$81	1/7	Sa	8:30am-9:00am
7767	4-6yrs	6 Classes	\$81	1/7	Sa	9:30am-10:00am
7768	4-6yrs	6 Classes	\$81	1/7	Sa	11:45am-12:15pm
7769	4-6yrs	6 Classes	\$81	1/7	Sa	1:15pm-1:45pm
7770	4-6yrs	6 Classes	\$81	1/7	Sa	4:00pm-4:30pm
7771	4-6yrs	6 Classes	\$81	1/8	Su	12:00pm-12:30pm
7772	4-6yrs	6 Classes	\$81	1/8	Su	2:15pm-2:45pm
7773	4-6yrs	6 Classes	\$81	1/8	Su	4:15pm-4:45pm
7748	4-6yrs	6 Classes	\$81	1/9	M	2:30pm-3:00pm
7749	4-6yrs	6 Classes	\$81	1/9	M	4:30pm-5:00pm
7750	4-6yrs	6 Classes	\$81	1/9	M	5:30pm-6:00pm
7751	4-6yrs	6 Classes	\$81	1/10	Tu	10:00am-10:30am
7752	4-6yrs	6 Classes	\$81	1/10	Tu	1:00pm-1:30pm
7753	4-6yrs	6 Classes	\$81	1/10	Tu	4:00pm-4:30pm
7754	4-6yrs	6 Classes	\$81	1/10	Tu	5:15pm-5:45pm
7755	4-6yrs	6 Classes	\$81	1/11	W	10:30am-11:00am
7756	4-6yrs	6 Classes	\$81	1/11	W	2:00pm-2:30pm
7757	4-6yrs	6 Classes	\$81	1/11	W	4:00pm-4:30pm
7758	4-6yrs	6 Classes	\$81	1/11	W	5:00pm-5:30pm
8100	4-6yrs	6 Classes	\$81	2/24	F	1:30pm-2:00pm
8101	4-6yrs	6 Classes	\$81	2/24	F	4:00pm-4:30pm
8102	4-6yrs	6 Classes	\$81	2/24	F	5:00pm-5:30pm
8103	4-6yrs	6 Classes	\$81	2/25	Sa	9:00am-9:30am
8104	4-6yrs	6 Classes	\$81	2/25	Sa	10:00am-10:30am
8105	4-6yrs	6 Classes	\$81	2/25	Sa	11:00am-11:30am
8106	4-6yrs	6 Classes	\$81	2/25	Sa	1:45pm-2:15pm
8107	4-6yrs	6 Classes	\$81	2/25	Sa	3:30pm-4:00pm
8108	4-6yrs	6 Classes	\$81	2/26	Su	12:00pm-12:30pm
8109	4-6yrs	6 Classes	\$81	2/26	Su	1:00pm-1:30pm
8110	4-6yrs	6 Classes	\$81	2/26	Su	2:15pm-2:45pm
8111	4-6yrs	6 Classes	\$81	2/26	Su	3:45pm-4:15pm
8086	4-6yrs	6 Classes	\$81	2/27	M	2:00pm-2:30pm
8087	4-6yrs	6 Classes	\$81	2/27	M	4:00pm-4:30pm
8088	4-6yrs	6 Classes	\$81	2/27	M	5:30pm-6:00pm
8089	4-6yrs	6 Classes	\$81	2/28	Tu	11:00am-11:30am
8090	4-6yrs	6 Classes	\$81	2/28	Tu	2:00pm-2:30pm
8091	4-6yrs	6 Classes	\$81	2/28	Tu	5:15pm-5:45pm
8092	4-6yrs	6 Classes	\$81	3/1	W	9:30am-10:00am
8093	4-6yrs	6 Classes	\$81	3/1	W	2:30pm-3:00pm
8094	4-6yrs	6 Classes	\$81	3/1	W	4:30pm-5:00pm
8095	4-6yrs	6 Classes	\$81	3/1	W	5:30pm-6:00pm
8096	4-6yrs	6 Classes	\$81	3/2	Th	9:30am-10:00am
8097	4-6yrs	6 Classes	\$81	3/2	Th	1:00pm-1:30pm
8098	4-6yrs	6 Classes	\$81	3/2	Th	5:15pm-5:45pm
8099	4-6yrs	6 Classes	\$81	3/2	Th	5:45pm-6:15pm

#### Wheaton Ice Arena

8435	4-6yrs	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8436	4-6yrs	6 Classes	\$81	1/7	Sa	11:30am-12:00pm
8437	4-6yrs	6 Classes	\$81	1/7	Sa	4:30pm-5:00pm
8424	4-6yrs	6 Classes	\$81	1/8	Su	10:30am-11:00am
8425	4-6yrs	6 Classes	\$81	1/8	Su	2:30pm-3:00pm
8426	4-6yrs	6 Classes	\$81	1/9	M	12:30pm-1:00pm
8427	4-6yrs	6 Classes	\$81	1/9	M	4:30pm-5:00pm
8428	4-6yrs	6 Classes	\$81	1/11	W	4:00pm-4:30pm
8429	4-6yrs	6 Classes	\$81	1/12	Th	3:45pm-4:15pm
8430	4-6yrs	6 Classes	\$81	1/12	Th	5:30pm-6:00pm
8431	4-6yrs	6 Classes	\$81	1/12	Th	6:15pm-7:00pm
8432	4-6yrs	6 Classes	\$81	1/13	F	1:00pm-1:30pm
8433	4-6yrs	6 Classes	\$81	1/13	F	3:45pm-4:15pm
8434	4-6yrs	6 Classes	\$81	1/13	F	5:30pm-6:00pm
8679	4-6yrs	6 Classes	\$81	2/27	M	12:30pm-1:00pm
8680	4-6yrs	6 Classes	\$81	2/27	M	4:30pm-5:00pm
8681	4-6yrs	6 Classes	\$81	3/1	W	4:00pm-4:30pm
8682	4-6yrs	6 Classes	\$81	3/2	Th	3:45pm-4:15pm
8683	4-6yrs	6 Classes	\$81	3/2	Th	5:30pm-6:00pm
8684	4-6yrs	6 Classes	\$81	3/2	Th	6:15pm-7:00pm
8685	4-6yrs	6 Classes	\$81	3/3	F	1:00pm-1:30pm
8686	4-6yrs	6 Classes	\$81	3/3	F	3:45pm-4:15pm
8687	4-6yrs	6 Classes	\$81	3/3	F	5:30pm-6:00pm
8688	4-6yrs	6 Classes	\$81	3/4	Sa	10:15am-10:45am
8689	4-6yrs	6 Classes	\$81	3/4	Sa	11:30am-12:00pm
8690	4-6yrs	6 Classes	\$81	3/4	Sa	4:30pm-5:00pm
8677	4-6yrs	6 Classes	\$81	3/5	Su	10:30am-11:00am
8678	4-6yrs	6 Classes	\$81	3/5	Su	2:30pm-3:00pm

### Pre-Alpha Youth

#### Cabin John Ice Rink

7777	7-12yrs	6 Classes	\$81	1/5	Th	4:00pm-4:30pm
7778	7-12yrs	6 Classes	\$81	1/5	Th	6:15pm-6:45pm
7779	7-12yrs	6 Classes	\$81	1/6	F	4:00pm-4:30pm
7780	7-12yrs	6 Classes	\$81	1/6	F	5:00pm-5:30pm
7781	7-12yrs	6 Classes	\$81	1/7	Sa	9:00am-9:30am
7782	7-12yrs	6 Classes	\$81	1/7	Sa	12:45pm-1:15pm
7783	7-12yrs	6 Classes	\$81	1/7	Sa	2:00pm-2:30pm
7784	7-12yrs	6 Classes	\$81	1/8	Su	12:00pm-12:30pm
7785	7-12yrs	6 Classes	\$81	1/8	Su	2:45pm-3:15pm
7774	7-12yrs	6 Classes	\$81	1/9	M	5:00pm-5:30pm
7775	7-12yrs	6 Classes	\$81	1/10	Tu	5:15pm-5:45pm
7776	7-12yrs	6 Classes	\$81	1/11	W	5:30pm-6:00pm
8117	7-12yrs	6 Classes	\$81	2/24	F	4:00pm-4:30pm
8118	7-12yrs	6 Classes	\$81	2/24	F	5:30pm-6:00pm
8119	7-12yrs	6 Classes	\$81	2/25	Sa	9:30am-10:00am
8120	7-12yrs	6 Classes	\$81	2/25	Sa	1:45pm-2:15pm
8121	7-12yrs	6 Classes	\$81	2/25	Sa	2:30pm-3:00pm
8122	7-12yrs	6 Classes	\$81	2/26	Su	12:30pm-1:00pm
8123	7-12yrs	6 Classes	\$81	2/26	Su	4:15pm-4:45pm
8112	7-12yrs	6 Classes	\$81	2/27	M	4:30pm-5:00pm
8113	7-12yrs	6 Classes	\$81	2/28	Tu	4:30pm-5:00pm
8114	7-12yrs	6 Classes	\$81	3/1	W	4:00pm-4:30pm
8115	7-12yrs	6 Classes	\$81	3/1	W	5:30pm-6:00pm
8116	7-12yrs	6 Classes	\$81	3/2	Th	6:15pm-6:45pm

#### Wheaton Ice Arena

8447	6-12yrs	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8448	6-12yrs	6 Classes	\$81	1/7	Sa	11:30am-12:00pm
8449	6-12yrs	6 Classes	\$81	1/7	Sa	4:30pm-5:00pm
8438	6-12yrs	6 Classes	\$81	1/8	Su	10:30am-11:00am
8439	6-12yrs	6 Classes	\$81	1/8	Su	2:30pm-3:00pm
8440	6-12yrs	6 Classes	\$81	1/9	M	4:30pm-5:00pm

Visit our well stocked pro shops for skates, equipment, and apparel for both hockey and figure skaters.

8441	6-12yrs	6 Classes	\$81	1/11	W	4:30pm-5:00pm
8442	6-12yrs	6 Classes	\$81	1/12	Th	3:45pm-4:15pm
8443	6-12yrs	6 Classes	\$81	1/12	Th	5:30pm-6:00pm
8444	6-12yrs	6 Classes	\$81	1/12	Th	6:15pm-6:45pm
8445	6-12yrs	6 Classes	\$81	1/13	F	3:45pm-4:15pm
8446	6-12yrs	6 Classes	\$81	1/13	F	5:30pm-6:00pm
8693	6-12yrs	6 Classes	\$81	2/27	M	4:30pm-5:00pm
8694	6-12yrs	6 Classes	\$81	3/1	W	4:30pm-5:00pm
8695	6-12yrs	6 Classes	\$81	3/2	Th	3:45pm-4:15pm
8696	6-12yrs	6 Classes	\$81	3/2	Th	5:30pm-6:00pm
8697	6-12yrs	6 Classes	\$81	3/2	Th	6:15pm-6:45pm
8698	6-12yrs	6 Classes	\$81	3/3	F	3:45pm-4:15pm
8700	6-12yrs	6 Classes	\$81	3/3	F	5:30pm-6:00pm
8701	6-12yrs	6 Classes	\$81	3/4	Sa	10:15am-10:45am
8702	6-12yrs	6 Classes	\$81	3/4	Sa	11:30am-12:00pm
8704	6-12yrs	6 Classes	\$81	3/4	Sa	4:30pm-5:00pm
8691	6-12yrs	6 Classes	\$81	3/5	Su	10:30am-11:00am
8692	6-12yrs	6 Classes	\$81	3/5	Su	2:30pm-3:00pm

**Pre-Alpha Teen****Cabin John Ice Rink**

7786	13-17yrs	6 Classes	\$81	1/10	Tu	7:00pm-7:30pm
8124	13-17yrs	6 Classes	\$81	2/28	Tu	7:00pm-7:30pm

**Wheaton Ice Arena**

8548	13-17yrs	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8654	13-17yrs	6 Classes	\$81	3/4	Sa	10:15am-10:45am

**Pre-Alpha Adult****Cabin John Ice Rink**

7788	18yrs&up	6 Classes	\$81	1/5	Th	7:45pm-8:15pm
7789	18yrs&up	6 Classes	\$81	1/7	Sa	8:30am-9:00am
7787	18yrs&up	6 Classes	\$81	1/9	M	12:30pm-1:00pm
8127	18yrs&up	6 Classes	\$81	2/25	Sa	8:30am-9:00am
8125	18yrs&up	6 Classes	\$81	2/27	M	12:30pm-1:00pm
8126	18yrs&up	6 Classes	\$81	3/2	Th	7:45pm-8:15pm

**Wheaton Ice Arena**

8554	18yrs&up	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8648	18yrs&up	6 Classes	\$81	3/4	Sa	10:15am-10:45am

**Pre-Alpha Plus**

Prerequisite Pre-Alpha. Students will learn two and one foot glides, forward swizzles and backward swizzles.

**Pre-Alpha Plus Preschool****Cabin John Ice Rink**

7800	4-6yrs	6 Classes	\$81	1/5	Th	2:00pm-2:30pm
7801	4-6yrs	6 Classes	\$81	1/5	Th	4:30pm-5:00pm
7802	4-6yrs	6 Classes	\$81	1/5	Th	5:15pm-5:45pm
7803	4-6yrs	6 Classes	\$81	1/6	F	2:00pm-2:30pm
7804	4-6yrs	6 Classes	\$81	1/6	F	4:00pm-4:30pm
7805	4-6yrs	6 Classes	\$81	1/6	F	5:00pm-5:30pm
7806	4-6yrs	6 Classes	\$81	1/7	Sa	9:30am-10:00am
7807	4-6yrs	6 Classes	\$81	1/7	Sa	10:30am-11:00am

**Party Room Rentals**

Have your child's next birthday party at Cabin John Ice Rink or Wheaton Ice Arena. Both rinks have rooms available for small to medium sized parties. Party packages are available at Wheaton Ice Arena.

7808	4-6yrs	6 Classes	\$81	1/7	Sa	1:15pm-1:45pm
7809	4-6yrs	6 Classes	\$81	1/7	Sa	4:00pm-4:30pm
7810	4-6yrs	6 Classes	\$81	1/8	Su	12:30pm-1:00pm
7811	4-6yrs	6 Classes	\$81	1/8	Su	2:45pm-3:15pm
7812	4-6yrs	6 Classes	\$81	1/8	Su	3:45pm-4:15pm
7790	4-6yrs	6 Classes	\$81	1/9	M	1:00pm-1:30pm
7791	4-6yrs	6 Classes	\$81	1/9	M	4:00pm-4:30pm
7792	4-6yrs	6 Classes	\$81	1/9	M	5:00pm-5:30pm
7793	4-6yrs	6 Classes	\$81	1/10	Tu	1:30pm-2:00pm
7794	4-6yrs	6 Classes	\$81	1/10	Tu	4:00pm-4:30pm
7795	4-6yrs	6 Classes	\$81	1/10	Tu	5:45pm-6:15pm
7796	4-6yrs	6 Classes	\$81	1/11	W	9:30am-10:00am
7797	4-6yrs	6 Classes	\$81	1/11	W	1:00pm-1:30pm
7798	4-6yrs	6 Classes	\$81	1/11	W	4:00pm-4:30pm
7799	4-6yrs	6 Classes	\$81	1/11	W	5:00pm-5:30pm
8142	4-6yrs	6 Classes	\$81	2/24	F	1:00pm-1:30pm
8143	4-6yrs	6 Classes	\$81	2/24	F	4:00pm-4:30pm
8144	4-6yrs	6 Classes	\$81	2/24	F	4:30pm-5:00pm
8145	4-6yrs	6 Classes	\$81	2/25	Sa	8:30am-9:00am
8146	4-6yrs	6 Classes	\$81	2/25	Sa	9:30am-10:00am
8147	4-6yrs	6 Classes	\$81	2/25	Sa	11:45am-12:15pm
8148	4-6yrs	6 Classes	\$81	2/25	Sa	1:15pm-1:45pm
8149	4-6yrs	6 Classes	\$81	2/25	Sa	4:00pm-4:30pm
8150	4-6yrs	6 Classes	\$81	2/26	Su	12:00pm-12:30pm
8151	4-6yrs	6 Classes	\$81	2/26	Su	2:15pm-2:45pm
8152	4-6yrs	6 Classes	\$81	2/26	Su	4:15pm-4:45pm
8128	4-6yrs	6 Classes	\$81	2/27	M	2:30pm-3:00pm
8129	4-6yrs	6 Classes	\$81	2/27	M	4:30pm-5:00pm
8130	4-6yrs	6 Classes	\$81	2/27	M	5:30pm-6:00pm
8131	4-6yrs	6 Classes	\$81	2/28	Tu	1:00pm-1:30pm
8132	4-6yrs	6 Classes	\$81	2/28	Tu	4:00pm-4:30pm
8133	4-6yrs	6 Classes	\$81	2/28	Tu	5:45pm-6:15pm
8134	4-6yrs	6 Classes	\$81	3/1	W	10:00am-10:30am
8135	4-6yrs	6 Classes	\$81	3/1	W	2:00pm-2:30pm
8136	4-6yrs	6 Classes	\$81	3/1	W	4:00pm-4:30pm
8137	4-6yrs	6 Classes	\$81	3/1	W	5:00pm-5:30pm
8138	4-6yrs	6 Classes	\$81	3/2	Th	10:00am-10:30am
8139	4-6yrs	6 Classes	\$81	3/2	Th	1:30pm-2:00pm
8140	4-6yrs	6 Classes	\$81	3/2	Th	4:30pm-5:00pm
8141	4-6yrs	6 Classes	\$81	3/2	Th	5:45pm-6:15pm

**Wheaton Ice Arena**

8461	4-6yrs	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8462	4-6yrs	6 Classes	\$81	1/7	Sa	11:30am-12:00pm
8463	4-6yrs	6 Classes	\$81	1/7	Sa	4:30pm-5:00pm
8450	4-6yrs	6 Classes	\$81	1/8	Su	10:30am-11:00am
8451	4-6yrs	6 Classes	\$81	1/8	Su	2:30pm-3:00pm
8452	4-6yrs	6 Classes	\$81	1/9	M	12:30pm-1:00pm
8453	4-6yrs	6 Classes	\$81	1/9	M	4:30pm-5:00pm
8454	4-6yrs	6 Classes	\$81	1/11	W	4:00pm-4:30pm
8455	4-6yrs	6 Classes	\$81	1/12	Th	4:15pm-4:45pm
8456	4-6yrs	6 Classes	\$81	1/12	Th	5:30pm-6:00pm
8457	4-6yrs	6 Classes	\$81	1/13	F	1:00pm-1:30pm
8458	4-6yrs	6 Classes	\$81	1/13	F	3:45pm-4:15pm
8459	4-6yrs	6 Classes	\$81	1/13	F	5:00pm-5:30pm
8460	4-6yrs	6 Classes	\$81	1/13	F	5:30pm-6:00pm
8716	4-6yrs	6 Classes	\$81	2/27	M	12:30pm-1:00pm
8718	4-6yrs	6 Classes	\$81	2/27	M	4:30pm-5:00pm
8719	4-6yrs	6 Classes	\$81	3/1	W	3:45pm-4:15pm
8721	4-6yrs	6 Classes	\$81	3/2	Th	4:15pm-4:45pm
8722	4-6yrs	6 Classes	\$81	3/2	Th	5:30pm-6:00pm
8723	4-6yrs	6 Classes	\$81	3/3	F	1:00pm-1:30pm
8724	4-6yrs	6 Classes	\$81	3/3	F	3:45pm-4:15pm



8725	4-6yrs	6 Classes	\$81	3/3	F	5:00pm-5:30pm
8726	4-6yrs	6 Classes	\$81	3/3	F	5:30pm-6:00pm
8727	4-6yrs	6 Classes	\$81	3/4	Sa	10:15am-10:45am
8728	4-6yrs	6 Classes	\$81	3/4	Sa	11:30am-12:00pm
8729	4-6yrs	6 Classes	\$81	3/4	Sa	4:30pm-5:00pm
8712	4-6yrs	6 Classes	\$81	3/5	Su	10:30am-11:00am
8714	4-6yrs	6 Classes	\$81	3/5	Su	2:30pm-3:00pm

### Pre-Alpha Plus Youth

#### Cabin John Ice Rink

7813	6-12yrs	6 Classes	\$81	1/9	M	4:30pm-5:00pm
7816	7-12yrs	6 Classes	\$81	1/6	F	4:00pm-4:30pm
7817	7-12yrs	6 Classes	\$81	1/6	F	5:30pm-6:00pm
7818	7-12yrs	6 Classes	\$81	1/7	Sa	9:30am-10:00am
7819	7-12yrs	6 Classes	\$81	1/7	Sa	11:45am-12:15pm
7820	7-12yrs	6 Classes	\$81	1/7	Sa	1:15pm-1:45pm
7821	7-12yrs	6 Classes	\$81	1/7	Sa	3:00pm-3:30pm
7822	7-12yrs	6 Classes	\$81	1/8	Su	12:00pm-12:30pm
7823	7-12yrs	6 Classes	\$81	1/8	Su	2:45pm-3:15pm
7814	7-12yrs	6 Classes	\$81	1/10	Tu	6:15pm-6:45pm
7815	7-12yrs	6 Classes	\$81	1/11	W	4:30pm-5:00pm
8203	7-12yrs	6 Classes	\$81	2/24	F	4:00pm-4:30pm
8204	7-12yrs	6 Classes	\$81	2/24	F	5:00pm-5:30pm
8205	7-12yrs	6 Classes	\$81	2/25	Sa	9:00am-9:30am
8206	7-12yrs	6 Classes	\$81	2/25	Sa	12:45pm-1:15pm
8207	7-12yrs	6 Classes	\$81	2/26	Su	12:00pm-12:30pm
8208	7-12yrs	6 Classes	\$81	2/26	Su	1:30pm-2:00pm
8209	7-12yrs	6 Classes	\$81	2/26	Su	2:45pm-3:15pm
8198	7-12yrs	6 Classes	\$81	2/27	M	5:00pm-5:30pm
8199	7-12yrs	6 Classes	\$81	2/28	Tu	5:15pm-5:45pm
8200	7-12yrs	6 Classes	\$81	3/1	W	5:30pm-6:00pm
8201	7-12yrs	6 Classes	\$81	3/2	Th	4:00pm-4:30pm
8202	7-12yrs	6 Classes	\$81	3/2	Th	6:15pm-6:45pm

#### Wheaton Ice Arena

8473	6-12yrs	6 Classes	\$81	1/7	Sa	10:15am-10:45pm
8474	6-12yrs	6 Classes	\$81	1/7	Sa	11:30am-12:00pm
8475	6-12yrs	6 Classes	\$81	1/7	Sa	4:30pm-5:00pm
8464	6-12yrs	6 Classes	\$81	1/8	Su	10:30am-11:00am
8465	6-12yrs	6 Classes	\$81	1/8	Su	2:30pm-3:00pm
8466	6-12yrs	6 Classes	\$81	1/9	M	4:30pm-5:00pm
8467	6-12yrs	6 Classes	\$81	1/11	W	4:00pm-4:30pm
8468	6-12yrs	6 Classes	\$81	1/12	Th	4:15pm-4:45pm
8469	6-12yrs	6 Classes	\$81	1/12	Th	5:30pm-6:00pm
8470	6-12yrs	6 Classes	\$81	1/13	F	3:45pm-4:15pm
8471	6-12yrs	6 Classes	\$81	1/13	F	5:00pm-5:30pm
8472	6-12yrs	6 Classes	\$81	1/13	F	5:30pm-6:00pm
8732	6-12yrs	6 Classes	\$81	2/27	M	4:30pm-5:00pm
8733	6-12yrs	6 Classes	\$81	3/1	W	3:45pm-4:15pm
8734	6-12yrs	6 Classes	\$81	3/2	Th	4:15pm-4:45pm
8735	6-12yrs	6 Classes	\$81	3/2	Th	5:30pm-6:00pm
8736	6-12yrs	6 Classes	\$81	3/3	F	3:45pm-4:15pm
8737	6-12yrs	6 Classes	\$81	3/3	F	5:00pm-5:30pm
8738	6-12yrs	6 Classes	\$81	3/3	F	5:30pm-6:00pm
8739	6-12yrs	6 Classes	\$81	3/4	Sa	10:15am-10:45pm
8740	6-12yrs	6 Classes	\$81	3/4	Sa	11:30am-12:00pm
8741	6-12yrs	6 Classes	\$81	3/4	Sa	4:30pm-5:00pm
8730	6-12yrs	6 Classes	\$81	3/5	Su	10:30am-11:00am
8731	6-12yrs	6 Classes	\$81	3/5	Su	2:30pm-3:00pm

Get ready for the Olympics!

Private lessons are also available. Call our rinks for more information.

### Pre-Alpha Plus Teen

#### Cabin John Ice Rink

7824	13-17yrs	6 Classes	\$81	1/10	Tu	7:00pm-7:30pm
8210	13-17yrs	6 Classes	\$81	2/28	Tu	7:00pm-7:30pm

#### Wheaton Ice Arena

8549	13-17yrs	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8655	13-17yrs	6 Classes	\$81	3/4	Sa	10:15am-10:45am

### Pre-Alpha Plus Adult

#### Cabin John Ice Rink

7826	18yrs&up	6 Classes	\$81	1/5	Th	7:45pm-8:15pm
7827	18yrs&up	6 Classes	\$81	1/7	Sa	8:30am-9:00am
7825	18yrs&up	6 Classes	\$81	1/9	M	12:30pm-1:00pm
8213	18yrs&up	6 Classes	\$81	2/25	Sa	8:30am-9:00am
8211	18yrs&up	6 Classes	\$81	2/27	M	12:30pm-1:00pm
8212	18yrs&up	6 Classes	\$81	3/2	Th	7:45pm-8:15pm

#### Wheaton Ice Arena

8555	18yrs&up	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8649	18yrs&up	6 Classes	\$81	3/4	Sa	10:15am-10:45am

## Alpha

Prerequisite Pre-Alpha Plus. Students will learn proper forward stroking, forward crossovers and snowplow stops.

### Alpha Preschool

#### Cabin John Ice Rink

7835	4-6yrs	6 Classes	\$81	1/5	Th	4:30pm-5:00pm
7836	4-6yrs	6 Classes	\$81	1/5	Th	6:15pm-6:45pm
7837	4-6yrs	6 Classes	\$81	1/6	F	4:00pm-4:30pm
7838	4-6yrs	6 Classes	\$81	1/6	F	5:30pm-6:00pm
7839	4-6yrs	6 Classes	\$81	1/7	Sa	9:30am-10:00am
7840	4-6yrs	6 Classes	\$81	1/7	Sa	11:45am-12:15pm
7841	4-6yrs	6 Classes	\$81	1/7	Sa	3:30pm-4:00pm
7842	4-6yrs	6 Classes	\$81	1/8	Su	1:00pm-1:30pm
7843	4-6yrs	6 Classes	\$81	1/8	Su	2:15pm-2:45pm
7844	4-6yrs	6 Classes	\$81	1/8	Su	4:15pm-4:45pm
7828	4-6yrs	6 Classes	\$81	1/9	M	1:00pm-1:30pm
7829	4-6yrs	6 Classes	\$81	1/9	M	4:30pm-5:00pm
7830	4-6yrs	6 Classes	\$81	1/9	M	5:30pm-6:00pm
7831	4-6yrs	6 Classes	\$81	1/10	Tu	2:00pm-2:30pm
7832	4-6yrs	6 Classes	\$81	1/10	Tu	4:30pm-5:00pm
7833	4-6yrs	6 Classes	\$81	1/11	W	1:00pm-1:30pm
7834	4-6yrs	6 Classes	\$81	1/11	W	4:30pm-5:00pm
8256	4-6yrs	6 Classes	\$81	2/24	F	2:00pm-2:30pm
8257	4-6yrs	6 Classes	\$81	2/24	F	4:00pm-4:30pm
8258	4-6yrs	6 Classes	\$81	2/24	F	5:30pm-6:00pm
8259	4-6yrs	6 Classes	\$81	2/25	Sa	9:30am-10:00am
8260	4-6yrs	6 Classes	\$81	2/25	Sa	10:30am-11:00am
8261	4-6yrs	6 Classes	\$81	2/25	Sa	1:15pm-1:45pm
8262	4-6yrs	6 Classes	\$81	2/25	Sa	4:00pm-4:30pm
8263	4-6yrs	6 Classes	\$81	2/26	Su	12:30pm-1:00pm
8264	4-6yrs	6 Classes	\$81	2/26	Su	2:45pm-3:15pm
8265	4-6yrs	6 Classes	\$81	2/26	Su	3:45pm-4:15pm
8248	4-6yrs	6 Classes	\$81	2/27	M	1:00pm-1:30pm
8249	4-6yrs	6 Classes	\$81	2/27	M	4:00pm-4:30pm
8250	4-6yrs	6 Classes	\$81	2/27	M	5:00pm-5:30pm
8251	4-6yrs	6 Classes	\$81	2/28	Tu	1:30pm-2:00pm
8252	4-6yrs	6 Classes	\$81	2/28	Tu	5:15pm-5:45pm
8253	4-6yrs	6 Classes	\$81	3/1	W	10:00am-10:30am
8254	4-6yrs	6 Classes	\$81	3/1	W	4:00pm-4:30pm
8255	4-6yrs	6 Classes	\$81	3/2	Th	4:30pm-5:00pm





### Wheaton Ice Arena

8483	4-6yrs	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8484	4-6yrs	6 Classes	\$81	1/7	Sa	12:00pm-12:30pm
8485	4-6yrs	6 Classes	\$81	1/7	Sa	5:00pm-5:30pm
8476	4-6yrs	6 Classes	\$81	1/8	Su	10:30am-11:00am
8477	4-6yrs	6 Classes	\$81	1/8	Su	3:00pm-3:30pm
8478	4-6yrs	6 Classes	\$81	1/9	M	5:00pm-5:30pm
8479	4-6yrs	6 Classes	\$81	1/11	W	4:30pm-5:00pm
8480	4-6yrs	6 Classes	\$81	1/12	Th	4:15pm-4:45pm
8481	4-6yrs	6 Classes	\$81	1/12	Th	6:15pm-6:45pm
8482	4-6yrs	6 Classes	\$81	1/13	F	1:00pm-1:30pm
8744	4-6yrs	6 Classes	\$81	2/27	M	5:00pm-5:30pm
8745	4-6yrs	6 Classes	\$81	3/1	W	4:30pm-5:00pm
8746	4-6yrs	6 Classes	\$81	3/2	Th	4:15pm-4:45pm
8747	4-6yrs	6 Classes	\$81	3/2	Th	6:15pm-6:45pm
8748	4-6yrs	6 Classes	\$81	3/3	F	1:00pm-1:30pm
8749	4-6yrs	6 Classes	\$81	3/4	Sa	10:15am-10:45am
8750	4-6yrs	6 Classes	\$81	3/4	Sa	12:00pm-1:00pm
8751	4-6yrs	6 Classes	\$81	3/4	Sa	5:00pm-5:30pm
8742	4-6yrs	6 Classes	\$81	3/5	Su	10:30am-11:00am
8743	4-6yrs	6 Classes	\$81	3/5	Su	3:00pm-3:30pm

### Alpha Youth

#### Cabin John Ice Rink

7848	7-12yrs	6 Classes	\$81	1/5	Th	4:00pm-4:30pm
7849	7-12yrs	6 Classes	\$81	1/6	F	4:00pm-4:30pm
7850	7-12yrs	6 Classes	\$81	1/6	F	5:30pm-6:00pm
7851	7-12yrs	6 Classes	\$81	1/7	Sa	9:00am-9:30am
7852	7-12yrs	6 Classes	\$81	1/7	Sa	11:00am-11:30am
7853	7-12yrs	6 Classes	\$81	1/7	Sa	12:15pm-12:45pm
7854	7-12yrs	6 Classes	\$81	1/7	Sa	3:00pm-3:30pm
7855	7-12yrs	6 Classes	\$81	1/8	Su	11:30am-12:00pm
7856	7-12yrs	6 Classes	\$81	1/8	Su	1:30pm-2:00pm
7857	7-12yrs	6 Classes	\$81	1/8	Su	3:15pm-3:45pm
7845	7-12yrs	6 Classes	\$81	1/9	M	5:00pm-5:30pm
7846	7-12yrs	6 Classes	\$81	1/10	Tu	4:00pm-4:30pm
7847	7-12yrs	6 Classes	\$81	1/11	W	5:00pm-5:30pm
8271	7-12yrs	6 Classes	\$81	2/24	F	4:00pm-4:30pm
8272	7-12yrs	6 Classes	\$81	2/24	F	5:30pm-6:00pm
8273	7-12yrs	6 Classes	\$81	2/25	Sa	9:00am-9:30am
8274	7-12yrs	6 Classes	\$81	2/25	Sa	11:45am-12:15pm
8275	7-12yrs	6 Classes	\$81	2/25	Sa	1:15pm-1:45pm
8276	7-12yrs	6 Classes	\$81	2/25	Sa	3:00pm-3:30pm
8277	7-12yrs	6 Classes	\$81	2/26	Su	1:30pm-2:00pm
8278	7-12yrs	6 Classes	\$81	2/26	Su	2:45pm-3:15pm
8266	7-12yrs	6 Classes	\$81	2/27	M	4:30pm-5:00pm
8267	7-12yrs	6 Classes	\$81	2/28	Tu	4:00pm-4:30pm
8268	7-12yrs	6 Classes	\$81	2/28	Tu	6:15pm-6:45pm
8269	7-12yrs	6 Classes	\$81	3/1	W	4:00pm-4:30pm
8270	7-12yrs	6 Classes	\$81	3/2	Th	4:30pm-5:00pm

### Wheaton Ice Arena

8493	6-12yrs	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8494	6-12yrs	6 Classes	\$81	1/7	Sa	12:00pm-12:30pm
8495	6-12yrs	6 Classes	\$81	1/7	Sa	5:00pm-5:30pm
8486	6-12yrs	6 Classes	\$81	1/8	Su	10:30am-11:00am
8487	6-12yrs	6 Classes	\$81	1/8	Su	3:00pm-3:30pm
8488	6-12yrs	6 Classes	\$81	1/9	M	5:00pm-5:30pm
8489	6-12yrs	6 Classes	\$81	1/11	W	4:30pm-5:00pm
8490	6-12yrs	6 Classes	\$81	1/12	Th	4:15pm-4:45pm
8491	6-12yrs	6 Classes	\$81	1/12	Th	6:15pm-6:45pm
8492	6-12yrs	6 Classes	\$81	1/13	F	5:30pm-6:00pm
8755	6-12yrs	6 Classes	\$81	2/27	M	5:00pm-5:30pm
8756	6-12yrs	6 Classes	\$81	3/1	W	4:30pm-5:00pm

8757	6-12yrs	6 Classes	\$81	3/2	Th	4:15pm-4:45pm
8758	6-12yrs	6 Classes	\$81	3/2	Th	6:15pm-6:45pm
8759	6-12yrs	6 Classes	\$81	3/3	F	5:30pm-6:00pm
8760	6-12yrs	6 Classes	\$81	3/4	Sa	10:15am-10:45am
8761	6-12yrs	6 Classes	\$81	3/4	Sa	12:00pm-12:30pm
8762	6-12yrs	6 Classes	\$81	3/4	Sa	5:00pm-5:30pm
8753	6-12yrs	6 Classes	\$81	3/5	Su	10:30am-11:00am
8754	6-12yrs	6 Classes	\$81	3/5	Su	3:00pm-3:30pm

### Alpha Teen

#### Cabin John Ice Rink

7858	13-17yrs	6 Classes	\$81	1/10	Tu	7:30pm-8:00pm
8279	13-17yrs	6 Classes	\$81	2/28	Tu	7:30pm-8:00pm

### Wheaton Ice Arena

8550	13-17yrs	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8656	13-17yrs	6 Classes	\$81	3/4	Sa	10:15am-10:45am

### Alpha Adult

#### Cabin John Ice Rink

7860	18yrs&up	6 Classes	\$81	1/5	Th	8:15pm-8:45pm
7861	18yrs&up	6 Classes	\$81	1/7	Sa	9:00am-9:30am
7859	18yrs&up	6 Classes	\$81	1/9	M	12:00pm-12:30pm
8282	18yrs&up	6 Classes	\$81	2/25	Sa	9:00am-9:30am
8280	18yrs&up	6 Classes	\$81	2/27	M	12:00pm-12:30pm
8281	18yrs&up	6 Classes	\$81	3/2	Th	8:15pm-8:45pm

### Wheaton Ice Arena

8556	18yrs&up	6 Classes	\$81	1/7	Sa	10:15am-10:45am
8650	18yrs&up	6 Classes	\$81	3/4	Sa	10:15am-10:45am

## Beta

Prerequisite Alpha. Students will learn backward stroking, backward crossovers and t-stops. Forward crossovers will also be reviewed.

### Beta Preschool

#### Cabin John Ice Rink

7866	4-6yrs	6 Classes	\$81	1/5	Th	2:30pm-3:00pm
7867	4-6yrs	6 Classes	\$81	1/5	Th	5:45pm-6:15pm
7868	4-6yrs	6 Classes	\$81	1/6	F	4:00pm-4:30pm
7869	4-6yrs	6 Classes	\$81	1/7	Sa	9:00am-9:30am
7870	4-6yrs	6 Classes	\$81	1/7	Sa	11:00am-11:30am
7871	4-6yrs	6 Classes	\$81	1/7	Sa	2:30pm-3:00pm
7872	4-6yrs	6 Classes	\$81	1/8	Su	12:30pm-1:00pm
7873	4-6yrs	6 Classes	\$81	1/8	Su	3:15pm-3:45pm
7862	4-6yrs	6 Classes	\$81	1/9	M	2:00pm-2:30pm
7863	4-6yrs	6 Classes	\$81	1/9	M	5:00pm-5:30pm
7864	4-6yrs	6 Classes	\$81	1/10	Tu	5:15pm-5:45pm
7865	4-6yrs	6 Classes	\$81	1/11	W	5:30pm-6:00pm



## Now hiring Part Time Staff

Part-time work is available at Cabin John and Wheaton Ice Rinks for Cashiers and Rink Guards. Training is available. For more information, contact the facility manager at the rink nearest you.

8288	4-6yrs	6 Classes	\$81	2/24	F	4:00pm-4:30pm
8289	4-6yrs	6 Classes	\$81	2/25	Sa	11:45am-12:15pm
8290	4-6yrs	6 Classes	\$81	2/25	Sa	3:30pm-4:00pm
8291	4-6yrs	6 Classes	\$81	2/26	Su	1:30pm-2:00pm
8292	4-6yrs	6 Classes	\$81	2/26	Su	3:15pm-3:45pm
8293	4-6yrs	6 Classes	\$81	2/26	Su	4:15pm-4:45pm
8283	4-6yrs	6 Classes	\$81	2/27	M	1:00pm-1:30pm
8284	4-6yrs	6 Classes	\$81	2/27	M	5:00pm-5:30pm
8285	4-6yrs	6 Classes	\$81	2/28	Tu	4:30pm-5:00pm
8286	4-6yrs	6 Classes	\$81	3/1	W	4:30pm-5:00pm
8287	4-6yrs	6 Classes	\$81	3/2	Th	5:15pm-5:45pm

**Wheaton Ice Arena**

8504	4-6yrs	6 Classes	\$81	1/7	Sa	10:45pm-11:15pm
8505	4-6yrs	6 Classes	\$81	1/7	Sa	12:00pm-12:30pm
8506	4-6yrs	6 Classes	\$81	1/7	Sa	5:00pm-5:30pm
8496	4-6yrs	6 Classes	\$81	1/8	Su	11:15am-11:45am
8497	4-6yrs	6 Classes	\$81	1/8	Su	3:00pm-3:30pm
8498	4-6yrs	6 Classes	\$81	1/9	M	5:00pm-5:30pm
8499	4-6yrs	6 Classes	\$81	1/11	W	4:30pm-5:00pm
8500	4-6yrs	6 Classes	\$81	1/12	Th	5:00pm-5:30pm
8501	4-6yrs	6 Classes	\$81	1/12	Th	6:15pm-6:45pm
8502	4-6yrs	6 Classes	\$81	1/13	F	1:00pm-1:30pm
8503	4-6yrs	6 Classes	\$81	1/13	F	4:15pm-4:45pm
8765	4-6yrs	6 Classes	\$81	2/27	M	5:00pm-5:30pm
8766	4-6yrs	6 Classes	\$81	3/1	W	4:15pm-4:45pm
8767	4-6yrs	6 Classes	\$81	3/2	Th	5:00pm-5:30pm
8768	4-6yrs	6 Classes	\$81	3/2	Th	6:15pm-6:45pm
8769	4-6yrs	6 Classes	\$81	3/3	F	1:00pm-1:30pm
8770	4-6yrs	6 Classes	\$81	3/3	F	4:15pm-4:45pm
8771	4-6yrs	6 Classes	\$81	3/4	Sa	10:45pm-11:15pm
8772	4-6yrs	6 Classes	\$81	3/4	Sa	12:00pm-12:30pm
8773	4-6yrs	6 Classes	\$81	3/4	Sa	5:00pm-5:30pm
8763	4-6yrs	6 Classes	\$81	3/5	Su	11:15am-11:45am
8764	4-6yrs	6 Classes	\$81	3/5	Su	3:00pm-3:30pm

**Beta Youth****Cabin John Ice Rink**

7878	7-12yrs	6 Classes	\$81	1/5	Th	5:15pm-5:45pm
7879	7-12yrs	6 Classes	\$81	1/6	F	4:00pm-4:30pm
7880	7-12yrs	6 Classes	\$81	1/6	F	5:00pm-5:30pm
7881	7-12yrs	6 Classes	\$81	1/7	Sa	9:00am-9:30am
7882	7-12yrs	6 Classes	\$81	1/7	Sa	12:15pm-12:45pm
7883	7-12yrs	6 Classes	\$81	1/7	Sa	2:30pm-3:00pm
7884	7-12yrs	6 Classes	\$81	1/8	Su	1:00pm-1:30pm
7885	7-12yrs	6 Classes	\$81	1/8	Su	3:45pm-4:15pm
7874	7-12yrs	6 Classes	\$81	1/9	M	4:00pm-4:30pm
7875	7-12yrs	6 Classes	\$81	1/10	Tu	4:30pm-5:00pm
7876	7-12yrs	6 Classes	\$81	1/10	Tu	6:15pm-6:45pm
7877	7-12yrs	6 Classes	\$81	1/11	W	4:30pm-5:00pm
8299	7-12yrs	6 Classes	\$81	2/24	F	4:00pm-4:30pm
8300	7-12yrs	6 Classes	\$81	2/24	F	5:00pm-5:30pm
8301	7-12yrs	6 Classes	\$81	2/25	Sa	9:00am-9:30am
8302	7-12yrs	6 Classes	\$81	2/25	Sa	11:00am-11:30am
8303	7-12yrs	6 Classes	\$81	2/25	Sa	12:15pm-12:45pm
8304	7-12yrs	6 Classes	\$81	2/25	Sa	3:00pm-3:30pm
8305	7-12yrs	6 Classes	\$81	2/26	Su	11:30am-12:00pm
8306	7-12yrs	6 Classes	\$81	2/26	Su	3:15pm-3:45pm
8294	7-12yrs	6 Classes	\$81	2/27	M	4:00pm-4:30pm
8295	7-12yrs	6 Classes	\$81	2/27	M	5:00pm-5:30pm
8296	7-12yrs	6 Classes	\$81	2/28	Tu	4:30pm-5:00pm
8297	7-12yrs	6 Classes	\$81	3/1	W	5:00pm-5:30pm
8298	7-12yrs	6 Classes	\$81	3/2	Th	4:00pm-4:30pm

**Wheaton Ice Arena**

8514	6-12yrs	6 Classes	\$81	1/7	Sa	10:45am-11:15am
8515	6-12yrs	6 Classes	\$81	1/7	Sa	12:00pm-12:30pm
8516	6-12yrs	6 Classes	\$81	1/7	Sa	5:00pm-5:30pm
8507	6-12yrs	6 Classes	\$81	1/8	Su	11:15am-11:45am
8508	6-12yrs	6 Classes	\$81	1/8	Su	3:00pm-3:30pm
8509	6-12yrs	6 Classes	\$81	1/9	M	5:00pm-5:30pm
8510	6-12yrs	6 Classes	\$81	1/11	W	4:30pm-5:00pm
8511	6-12yrs	6 Classes	\$81	1/12	Th	5:00pm-5:30pm
8512	6-12yrs	6 Classes	\$81	1/12	Th	6:15pm-6:45pm
8513	6-12yrs	6 Classes	\$81	1/13	F	4:15pm-4:45pm
8776	6-12yrs	6 Classes	\$81	2/27	M	5:00pm-5:30pm
8777	6-12yrs	6 Classes	\$81	3/1	W	4:30pm-5:00pm
8778	6-12yrs	6 Classes	\$81	3/2	Th	5:00pm-5:30pm
8779	6-12yrs	6 Classes	\$81	3/2	Th	6:15pm-6:45pm
8780	6-12yrs	6 Classes	\$81	3/3	F	4:15pm-4:45pm
8781	6-12yrs	6 Classes	\$81	3/4	Sa	10:45am-11:15am
8782	6-12yrs	6 Classes	\$81	3/4	Sa	12:00pm-12:30pm
8783	6-12yrs	6 Classes	\$81	3/4	Sa	5:00pm-5:30pm
8774	6-12yrs	6 Classes	\$81	3/5	Su	11:15am-11:45am
8775	6-12yrs	6 Classes	\$81	3/5	Su	3:00pm-3:30pm

**Beta Teen****Cabin John Ice Rink**

7886	13-17yrs	6 Classes	\$81	1/10	Tu	7:30pm-8:00pm
8307	13-17yrs	6 Classes	\$81	2/28	Tu	7:30pm-8:00pm

**Wheaton Ice Arena**

8551	13-17yrs	6 Classes	\$81	1/7	Sa	10:45am-11:15am
8657	13-17yrs	6 Classes	\$81	3/4	Sa	10:45am-11:15am

**Beta Adult****Cabin John Ice Rink**

7888	18yrs&up	6 Classes	\$81	1/5	Th	8:15pm-8:45pm
7889	18yrs&up	6 Classes	\$81	1/7	Sa	9:00am-9:30am
7887	18yrs&up	6 Classes	\$81	1/9	M	12:00pm-12:30pm
8310	18yrs&up	6 Classes	\$81	2/25	Sa	9:00am-9:30am
8308	18yrs&up	6 Classes	\$81	2/27	M	12:00pm-12:30pm
8309	18yrs&up	6 Classes	\$81	3/2	Th	8:15pm-8:45pm

**Wheaton Ice Arena**

8559	18yrs&up	6 Classes	\$81	1/7	Sa	10:45am-11:15am
8651	18yrs&up	6 Classes	\$81	3/4	Sa	10:45am-11:15am

**Gamma**

Prerequisite Beta. Students will learn outside 3-turns, forward and backward mohawks and hockey stops. Forward and backward crossovers will also be reviewed.

**Gamma Preschool****Cabin John Ice Rink**

7892	4-6yrs	6 Classes	\$81	1/7	Sa	9:30am-10:00am
7890	4-6yrs	6 Classes	\$81	1/9	M	5:30pm-6:00pm
7891	4-6yrs	6 Classes	\$81	1/11	W	5:00pm-5:30pm
8313	4-6yrs	6 Classes	\$81	2/25	Sa	9:30am-10:00am
8311	4-6yrs	6 Classes	\$81	2/28	Tu	5:15pm-5:45pm
8312	4-6yrs	6 Classes	\$81	3/1	W	5:00pm-5:30pm

**Wheaton Ice Arena**

8523	4-6yrs	6 Classes	\$81	1/7	Sa	10:45am-11:15am
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Skaters should wear one pair of thin socks and skates at least 1/2 to 1 size smaller than skater's street shoes for maximum support.

8524	4-6yrs	6 Classes	\$81	1/7	Sa	5:45pm-6:15pm
8517	4-6yrs	6 Classes	\$81	1/8	Su	11:15am-11:45am
8518	4-6yrs	6 Classes	\$81	1/11	W	5:00pm-5:30pm
8520	4-6yrs	6 Classes	\$81	1/12	Th	5:00pm-5:30pm
8521	4-6yrs	6 Classes	\$81	1/12	Th	6:45am-7:15pm
8522	4-6yrs	6 Classes	\$81	1/13	F	4:15pm-4:45pm
8786	4-6yrs	6 Classes	\$81	3/2	Th	5:00pm-5:30pm
8787	4-6yrs	6 Classes	\$81	3/2	Th	6:45am-7:15pm
8788	4-6yrs	6 Classes	\$81	3/3	F	4:15pm-4:45pm
8789	4-6yrs	6 Classes	\$81	3/4	Sa	10:45am-11:15am
8790	4-6yrs	6 Classes	\$81	3/4	Sa	5:45pm-6:15pm
8784	4-6yrs	6 Classes	\$81	3/5	Su	11:15am-11:45am
8785	4-6yrs	6 Classes	\$81	3/5	Su	11:15am-11:45am

**Gamma Youth****Cabin John Ice Rink**

7896	7-12yrs	6 Classes	\$81	1/5	Th	5:15pm-5:45pm
7897	7-12yrs	6 Classes	\$81	1/6	F	4:30pm-5:00pm
7898	7-12yrs	6 Classes	\$81	1/7	Sa	9:30am-10:00am
7899	7-12yrs	6 Classes	\$81	1/7	Sa	12:45pm-1:15pm
7900	7-12yrs	6 Classes	\$81	1/7	Sa	4:00pm-4:30pm
7901	7-12yrs	6 Classes	\$81	1/8	Su	1:30pm-2:00pm
7902	7-12yrs	6 Classes	\$81	1/8	Su	3:45pm-4:15pm
7893	7-12yrs	6 Classes	\$81	1/9	M	5:30pm-6:00pm
7894	7-12yrs	6 Classes	\$81	1/10	Tu	5:45pm-6:15pm
7895	7-12yrs	6 Classes	\$81	1/11	W	4:00pm-4:30pm
8317	7-12yrs	6 Classes	\$81	2/24	F	4:30pm-5:00pm
8318	7-12yrs	6 Classes	\$81	2/25	Sa	9:30am-10:00am
8319	7-12yrs	6 Classes	\$81	2/25	Sa	12:15pm-12:45pm
8320	7-12yrs	6 Classes	\$81	2/25	Sa	2:30pm-3:00pm
8321	7-12yrs	6 Classes	\$81	2/25	Sa	4:00pm-4:30pm
8322	7-12yrs	6 Classes	\$81	2/26	Su	1:00pm-1:30pm
8323	7-12yrs	6 Classes	\$81	2/26	Su	3:45pm-4:15pm
8314	7-12yrs	6 Classes	\$81	2/27	M	5:30pm-6:00pm
8315	7-12yrs	6 Classes	\$81	2/28	Tu	6:15pm-6:45pm
8316	7-12yrs	6 Classes	\$81	3/1	W	4:30pm-5:00pm

**Wheaton Ice Arena**

8530	6-12yrs	6 Classes	\$81	1/7	Sa	10:45am-11:15am
8531	6-12yrs	6 Classes	\$81	1/7	Sa	5:45pm-6:15pm
8525	6-12yrs	6 Classes	\$81	1/8	Su	11:15am-11:45am
8526	6-12yrs	6 Classes	\$81	1/11	W	5:00pm-5:30pm
8527	6-12yrs	6 Classes	\$81	1/12	Th	5:00pm-5:30pm
8528	6-12yrs	6 Classes	\$81	1/12	Th	6:45pm-7:15pm
8529	6-12yrs	6 Classes	\$81	1/13	F	4:15pm-4:45pm
8792	6-12yrs	6 Classes	\$81	3/1	W	5:00pm-5:30pm
8793	6-12yrs	6 Classes	\$81	3/2	Th	5:00pm-5:30pm
8794	6-12yrs	6 Classes	\$81	3/2	Th	6:45pm-7:15pm
8795	6-12yrs	6 Classes	\$81	3/3	F	4:15pm-4:45pm
8796	6-12yrs	6 Classes	\$81	3/4	Sa	10:45am-11:15am
8797	6-12yrs	6 Classes	\$81	3/4	Sa	5:45pm-6:15pm
8791	6-12yrs	6 Classes	\$81	3/5	Su	11:15am-11:45am

**Gamma Teen****Cabin John Ice Rink**

7903	13-17yrs	6 Classes	\$81	1/5	Th	7:15pm-7:45pm
8324	13-17yrs	6 Classes	\$81	3/2	Th	7:15pm-7:45pm

**Wheaton Ice Arena**

8552	13-17yrs	6 Classes	\$81	1/7	Sa	10:45am-11:15am
8658	13-17yrs	6 Classes	\$81	3/4	Sa	10:45am-11:15am

Skating Tip: Wear a hat and gloves or mittens for protection from cold temperatures or injury from skate blades and rough ice.

**Gamma Adult****Cabin John Ice Rink**

7905	18yrs&up	6 Classes	\$81	1/5	Th	8:45pm-9:15pm
7906	18yrs&up	6 Classes	\$81	1/7	Sa	9:30am-10:00am
7904	18yrs&up	6 Classes	\$81	1/9	M	11:30am-12:00pm
8327	18yrs&up	6 Classes	\$81	2/25	Sa	9:30am-10:00am
8325	18yrs&up	6 Classes	\$81	2/27	M	11:30am-12:00pm
8326	18yrs&up	6 Classes	\$81	3/2	Th	8:45pm-9:15pm

**Wheaton Ice Arena**

8557	18yrs&up	6 Classes	\$81	1/7	Sa	10:45am-11:15am
8652	18yrs&up	6 Classes	\$81	3/4	Sa	10:45am-11:15am

**Delta**

Prerequisite Gamma. Students will learn inside 3-turns, outside and inside edges, lunge and shoot the duck. Skills in the Alpha, Beta and Gamma levels will also be reviewed.

**Delta Preschool****Cabin John Ice Rink**

7908	4-6yrs	6 Classes	\$81	1/7	Sa	2:00pm-2:30pm
7909	4-6yrs	6 Classes	\$81	1/8	Su	4:15pm-4:45pm
7907	4-6yrs	6 Classes	\$81	1/11	W	5:30pm-6:00pm
8329	4-6yrs	6 Classes	\$81	2/25	Sa	9:30am-10:00am
8328	4-6yrs	6 Classes	\$81	3/1	W	5:00pm-5:30pm

**Wheaton Ice Arena**

8537	4-6yrs	6 Classes	\$81	1/7	Sa	10:45am-11:15am
8538	4-6yrs	6 Classes	\$81	1/7	Sa	5:45pm-6:15pm
8532	4-6yrs	6 Classes	\$81	1/8	Su	11:15am-11:45am
8533	4-6yrs	6 Classes	\$81	1/8	Su	3:45pm-4:15pm
8534	4-6yrs	6 Classes	\$81	1/11	W	5:00pm-5:30pm
8535	4-6yrs	6 Classes	\$81	1/12	Th	6:45pm-7:15pm
8536	4-6yrs	6 Classes	\$81	1/13	F	5:00pm-5:30pm
8800	4-6yrs	6 Classes	\$81	3/1	W	5:00pm-5:30pm
8801	4-6yrs	6 Classes	\$81	3/2	Th	6:45pm-7:15pm
8802	4-6yrs	6 Classes	\$81	3/3	F	5:00pm-5:30pm
8803	4-6yrs	6 Classes	\$81	3/4	Sa	10:45am-11:15am
8804	4-6yrs	6 Classes	\$81	3/4	Sa	5:45pm-6:15pm
8798	4-6yrs	6 Classes	\$81	3/5	Su	11:15am-11:45am
8799	4-6yrs	6 Classes	\$81	3/5	Su	3:45pm-4:15pm





*Delta Youth***Cabin John Ice Rink**

7912	7-12yrs	6 Classes	\$81	1/5	Th	5:15pm-5:45pm
7913	7-12yrs	6 Classes	\$81	1/6	F	4:30pm-5:00pm
7914	7-12yrs	6 Classes	\$81	1/7	Sa	9:30am-10:00am
7915	7-12yrs	6 Classes	\$81	1/7	Sa	2:00pm-2:30pm
7916	7-12yrs	6 Classes	\$81	1/7	Sa	3:30pm-4:00pm
7917	7-12yrs	6 Classes	\$81	1/8	Su	12:30pm-1:00pm
7918	7-12yrs	6 Classes	\$81	1/8	Su	2:15pm-2:45pm
7910	7-12yrs	6 Classes	\$81	1/9	M	4:30pm-5:00pm
7911	7-12yrs	6 Classes	\$81	1/11	W	4:00pm-4:30pm
8334	7-12yrs	6 Classes	\$81	2/24	F	4:30pm-5:00pm
8335	7-12yrs	6 Classes	\$81	2/25	Sa	9:30am-10:00am
8336	7-12yrs	6 Classes	\$81	2/25	Sa	12:45pm-1:15pm
8337	7-12yrs	6 Classes	\$81	2/26	Su	2:15pm-2:45pm
8330	7-12yrs	6 Classes	\$81	2/27	M	5:30pm-6:00pm
8331	7-12yrs	6 Classes	\$81	2/28	Tu	5:45pm-6:15pm
8332	7-12yrs	6 Classes	\$81	3/1	W	4:30pm-5:00pm
8333	7-12yrs	6 Classes	\$81	3/2	Th	5:15pm-5:45pm

**Wheaton Ice Arena**

8544	6-12yrs	6 Classes	\$81	1/7	Sa	10:45am-11:15am
8545	6-12yrs	6 Classes	\$81	1/7	Sa	5:45pm-6:15pm
8539	6-12yrs	6 Classes	\$81	1/8	Su	11:15am-11:45am
8540	6-12yrs	6 Classes	\$81	1/8	Su	3:45pm-4:15pm
8541	6-12yrs	6 Classes	\$81	1/11	W	5:00pm-5:30pm
8542	6-12yrs	6 Classes	\$81	1/12	Th	6:45pm-7:15pm
8543	6-12yrs	6 Classes	\$81	1/13	F	5:00pm-5:30pm
8807	6-12yrs	6 Classes	\$81	3/1	W	5:00pm-5:30pm
8808	6-12yrs	6 Classes	\$81	3/2	Th	6:45pm-7:15pm
8812	6-12yrs	6 Classes	\$81	3/3	F	5:00pm-5:30pm
8810	6-12yrs	6 Classes	\$81	3/4	Sa	10:45am-11:15am
8811	6-12yrs	6 Classes	\$81	3/4	Sa	5:45pm-6:15pm
8805	6-12yrs	6 Classes	\$81	3/5	Su	11:15am-11:45am
8806	6-12yrs	6 Classes	\$81	3/5	Su	3:45pm-4:15pm

*Delta Teen***Cabin John Ice Rink**

7919	13-17yrs	6 Classes	\$81	1/5	Th	7:15pm-7:45pm
8338	13-17yrs	6 Classes	\$81	3/2	Th	7:15pm-7:45pm

**Wheaton Ice Arena**

8553	13-17yrs	6 Classes	\$81	1/7	Sa	10:45am-11:15am
8659	13-17yrs	6 Classes	\$81	3/4	Sa	10:45am-11:15am

*Delta Adult***Cabin John Ice Rink**

7921	18yrs&up	6 Classes	\$81	1/5	Th	8:45pm-9:15pm
7922	18yrs&up	6 Classes	\$81	1/7	Sa	9:30am-10:00am
7920	18yrs&up	6 Classes	\$81	1/9	M	11:30am-12:00pm
8341	18yrs&up	6 Classes	\$81	2/25	Sa	9:30am-10:00am
8339	18yrs&up	6 Classes	\$81	2/27	M	11:30am-12:00pm
8340	18yrs&up	6 Classes	\$81	3/2	Th	8:45pm-9:15pm

**Wheaton Ice Arena**

8558	18yrs&up	6 Classes	\$81	1/7	Sa	10:45am-11:15am
8653	18yrs&up	6 Classes	\$81	3/4	Sa	10:45am-11:15am

*Freestyle*

These classes cover fundamentals of jumps and spins.

*Freestyle 1*

Prerequisite Delta. Students will learn backward edges, two-foot spin, waltz jump, forward pivot and 1/2 flip jump.

**Cabin John Ice Rink**

7600	5yrs&up	6 Classes	\$135	1/7	Sa	10:15am-11:00am
7601	5yrs&up	6 Classes	\$135	1/7	Sa	11:00am-11:45am
7598	5yrs&up	6 Classes	\$135	1/9	M	7:15pm-8:00pm
7599	5yrs&up	6 Classes	\$135	1/11	W	6:30pm-7:15pm
8000	5yrs&up	6 Classes	\$135	2/25	Sa	10:15am-11:00am
8001	5yrs&up	6 Classes	\$135	2/25	Sa	11:00am-11:45am
7998	5yrs&up	6 Classes	\$135	2/27	M	7:15pm-8:00pm
7999	5yrs&up	6 Classes	\$135	3/1	W	6:30pm-7:15pm

**Wheaton Ice Arena**

8348	5yrs&up	6 Classes	\$90	1/8	Su	3:45pm-4:15pm
8349	5yrs&up	6 Classes	\$90	1/12	Th	6:45pm-7:15pm
8661	5yrs&up	6 Classes	\$90	3/2	Th	6:45pm-7:15pm
8660	5yrs&up	6 Classes	\$90	3/5	Su	3:45pm-4:15pm

*Freestyle 2*

Prerequisite Freestyle 1. Students will learn spirals, 1/2 lutz jump, ballet jump, one foot spin and a dance step sequence.

**Cabin John Ice Rink**

7604	5yrs&up	6 Classes	\$135	1/7	Sa	10:15am-11:00am
7605	5yrs&up	6 Classes	\$135	1/7	Sa	11:00am-11:45am
7602	5yrs&up	6 Classes	\$135	1/9	M	6:30pm-7:15pm
7603	5yrs&up	6 Classes	\$135	1/11	W	7:15pm-8:00pm
8004	5yrs&up	6 Classes	\$135	2/25	Sa	10:15am-11:00am
8005	5yrs&up	6 Classes	\$135	2/25	Sa	11:00am-11:45am
8002	5yrs&up	6 Classes	\$135	2/27	M	6:30pm-7:15pm
8003	5yrs&up	6 Classes	\$135	3/1	W	7:15pm-8:00pm

**Wheaton Ice Arena**

8350	5yrs&up	6 Classes	\$90	1/8	Su	3:45pm-4:15pm
8351	5yrs&up	6 Classes	\$90	1/12	Th	6:45pm-7:15pm
8663	5yrs&up	6 Classes	\$90	3/2	Th	6:45pm-7:15pm
8662	5yrs&up	6 Classes	\$90	3/5	Su	3:45pm-4:15pm

*Freestyle 3*

Prerequisite Freestyle 2. Students will learn backward pivots, salchow jump, toe loop jump, back spirals, change foot spin and dance step sequence.

**Cabin John Ice Rink**

7608	18yrs&up	6 Classes	\$135	1/10	Tu	9:30pm-10:15pm
8008	18yrs&up	6 Classes	\$135	2/28	Tu	9:30pm-10:15pm
7607	5yrs&up	6 Classes	\$135	1/7	Sa	10:15am-11:00am
7606	5yrs&up	6 Classes	\$135	1/9	M	8:00pm-8:45pm
8007	5yrs&up	6 Classes	\$135	2/25	Sa	10:15am-11:00am
8006	5yrs&up	6 Classes	\$135	2/27	M	8:00pm-8:45pm

**Wheaton Ice Arena**

8352	5yrs&up	6 Classes	\$90	1/8	Su	3:45pm-4:14pm
8353	5yrs&up	6 Classes	\$90	1/12	Th	7:15pm-7:45pm
8665	5yrs&up	6 Classes	\$90	3/2	Th	7:15pm-7:45pm
8664	5yrs&up	6 Classes	\$90	3/5	Su	3:45pm-4:14pm

*Drop, shop & skate*

Drop your kids off to skate at Cabin John Ice Rink (8am-1pm) or Wheaton Ice Arena (9am-12pm) while you shop. Friday morning, November 25. Call the facility for details.

*Want to register for a Parks class?*

Open a free ParkPASS account today. Visit [www.parkpass.org](http://www.parkpass.org).

**Freestyle 4**

Prerequisite Freestyle 3. Students will learn flip and loop jumps, sit spin, backward spirals and dance step sequence.

**Cabin John Ice Rink**

7609	5yrs&up	6 Classes	\$135	1/7	Sa	11:00am-11:45am
8009	5yrs&up	6 Classes	\$135	2/25	Sa	11:00am-11:45am

**Wheaton Ice Arena**

8354	5yrs&up	6 Classes	\$90	1/8	Su	3:45pm-4:15pm
8355	5yrs&up	6 Classes	\$90	1/12	Th	7:15pm-7:45pm
8667	5yrs&up	6 Classes	\$90	3/2	Th	7:15pm-7:45pm
8666	5yrs&up	6 Classes	\$90	3/5	Su	3:45pm-4:15pm

**Freestyle 5**

Prerequisite Freestyle 4. Students will learn lutz and axel jumps, camel and back scratch spins, and dance step sequence.

**Cabin John Ice Rink**

7610	5yrs&up	6 Classes	\$135	1/7	Sa	11:00am-11:45am
8010	5yrs&up	6 Classes	\$135	2/25	Sa	11:00am-11:45am

**Wheaton Ice Arena**

8356	5yrs&up	6 Classes	\$90	1/12	Th	7:15pm-7:45pm
8668	5yrs&up	6 Classes	\$90	3/2	Th	7:15pm-7:45pm

**Freestyle 6**

Prerequisite Freestyle 5. Students will learn split, falling leaf, or stag jump, combination jumps, double salchow, layback, and spin combinations.

**Wheaton Ice Arena**

8357	5yrs&up	6 Classes	\$90	1/12	Th	7:15pm-7:45pm
8669	5yrs&up	6 Classes	\$90	3/2	Th	7:15pm-7:45pm

**Freestyle 7**

Prerequisite Freestyle 6. Students will learn combination jumps, jumps in opposite directions, flying camel spins, and sequenced double toe loops and double toe walleys.

**Wheaton Ice Arena**

8358	5yrs&up	6 Classes	\$90	1/12	Th	7:15pm-7:45pm
8670	5yrs&up	6 Classes	\$90	3/2	Th	7:15pm-7:45pm

**Jump & Spin**

This specialty class covers specific techniques of jumps and spins in the Freestyle levels. Each class will focus on the needs of the skaters. Students must be in Freestyle in order to register.

For those in Freestyle 1, 2, or 3

**Cabin John Ice Rink**

7612	5yrs&up	6 Classes	\$90	1/7	Sa	11:15am-11:45am
8012	5yrs&up	6 Classes	\$90	2/25	Sa	11:15am-11:45am

For those in Freestyle 3, 4 or 5

**Cabin John Ice Rink**

7611	5yrs&up	6 Classes	\$90	1/7	Sa	10:30am-11:00am
8011	5yrs&up	6 Classes	\$90	2/25	Sa	10:30am-11:00am

## Cabin John Ice Rink Holiday Show

Saturday December 10, 6:15pm-8:15pm  
Free Admission

**Moves/Edges**

These classes are for the Delta level and higher skater. Classes will cover edge quality, extensions and preciseness of skating movements. USFS moves in the field patterns will also be covered.

**Moves/Edges Beginning****Cabin John Ice Rink**

7614	8yrs&up	6 Classes	\$135	1/5	Th	10:00am-10:45am
7613	8yrs&up	6 Classes	\$135	1/10	Tu	8:00pm-8:45pm
8013	8yrs&up	6 Classes	\$135	2/28	Tu	8:00pm-8:45pm
8014	8yrs&up	6 Classes	\$135	3/2	Th	10:00am-10:45am

**Wheaton Ice Arena**

8361	8yrs&up	6 Classes	\$90	1/12	Th	6:45pm-7:15pm
8362	8yrs&up	6 Classes	\$90	1/12	Th	7:15pm-7:45pm
8675	8yrs&up	6 Classes	\$90	3/2	Th	6:45pm-7:15pm
8676	8yrs&up	6 Classes	\$90	3/2	Th	7:15pm-7:45pm

**Moves/Edges Intermediate****Cabin John Ice Rink**

7615	8yrs&up	6 Classes	\$135	1/5	Th	9:15am-10:00am
7616	8yrs&up	6 Classes	\$135	1/10	Tu	8:45pm-9:30pm
8016	8yrs&up	6 Classes	\$135	2/28	Tu	8:45pm-9:30pm
8015	8yrs&up	6 Classes	\$135	3/2	Th	9:15am-10:00am

**Off Ice Conditioning**

Muscle strengthening and jump execution control.

**Wheaton Ice Arena**

8560	5yrs&up	6 Classes	\$81	1/12	Th	6:45pm-7:15pm
8561	5yrs&up	6 Classes	\$81	1/12	Th	7:15pm-7:45pm
8673	5yrs&up	6 Classes	\$81	3/2	Th	6:45pm-7:15pm
8674	5yrs&up	6 Classes	\$81	3/2	Th	7:15pm-7:45pm

**Hockey**

Students will learn the fundamentals of hockey skating and stick handling. Hockey equipment required. Please contact facility or visit website for details.

**Beginner****Wheaton Ice Arena**

8359	5yrs&up	6 Classes	\$81	1/7	Sa	10:45am-11:15am
8671	5yrs&up	6 Classes	\$81	3/4	Sa	10:45am-11:15am

**Advanced**

Students will learn advanced skating skills, hockey drills, and game rules. Full hockey gear required.

**Wheaton Ice Arena**

8360	5yrs&up	6 Classes	\$135	1/8	Su	9:45am-10:30am
8672	5yrs&up	6 Classes	\$135	3/5	Su	9:45am-10:30am

**Hockey 1**

Prerequisite Pre-Alpha. Course covers gliding, swizzles, pivot turns, snowplow stops and beginning stick handling.

**Cabin John Ice Rink**

7638	8yrs&up	6 Classes	\$81	1/7	Sa	8:00am-8:30am
8042	8yrs&up	6 Classes	\$81	2/25	Sa	8:00am-8:30am



**Hockey 2**

Prerequisite Hockey 1. Course covers striding, forward crossovers, one-foot snowplow stops, beginning backward crossovers and stick handling.

**Cabin John Ice Rink**

7639	8yrs&up	6 Classes	\$135	1/7	Sa	9:15am-10:00am
8043	8yrs&up	6 Classes	\$135	2/25	Sa	9:15am-10:00am

**Hockey 3**

Prerequisite Hockey 2. Course covers forward and backward crossovers, T-stops, V-stops, and Hockey stops and stick handling.

**Cabin John Ice Rink**

7640	8yrs&up	6 Classes	\$135	1/7	Sa	8:30am-9:15am
8044	8yrs&up	6 Classes	\$135	2/25	Sa	8:30am-9:15am

**Hockey 4**

Prerequisite Hockey 3. Course covers forward and backward crossovers, edges, passing, basic game play and stick handling.

**Cabin John Ice Rink**

7641	8yrs&up	6 Classes	\$135	1/7	Sa	7:45am-8:30am
8045	8yrs&up	6 Classes	\$135	2/25	Sa	7:45am-8:30am

**Hockey Adult**

Students will learn the beginning fundamentals of Hockey skating including forward and backward crossovers, stops, stick handling, and passing.

**Cabin John Ice Rink**

7642	18yrs&up	6 Classes	\$135	1/11	W	8:15pm-9:00pm
8046	18yrs&up	6 Classes	\$135	3/1	W	8:15pm-9:00pm

**Parent and Tot Hockey**

A great introduction to hockey for parents and their children (ages 3-5). What's better than learning to pass the puck to mom or dad? Basic skating and stick handling skills will be covered. Children must have passed Tot 1 or 2 before registering. Please register both parent and child. Course fee is \$40.50 each for parent and child.

**Cabin John Ice Rink**

7637	3yrs&up	6 Classes	\$81	1/7	Sa	8:30am-9:00am
7636	3yrs&up	6 Classes	\$81	1/10	Tu	11:00am-11:30am
8041	3yrs&up	6 Classes	\$81	2/25	Sa	8:30am-9:00am

**Mitey Mites Hockey 1**

Prerequisite Tot 2 or Pre-Alpha. Course covers gliding, swizzles, pivot turns, snowplow stops and beginning stick handling.

7623	5-9yrs	6 Classes	\$135	1/7	Sa	9:15am-10:00am
7621	5-9yrs	6 Classes	\$81	1/10	Tu	4:45pm-5:15pm
8019	3-4yrs	6 Classes	\$81	2/24	F	2:30pm-3:00pm
8020	3-4yrs	6 Classes	\$81	2/25	Sa	10:00am-10:30am
8017	3-4yrs	6 Classes	\$81	2/28	Tu	5:15pm-5:45pm
8018	3-4yrs	6 Classes	\$81	3/2	Th	4:45pm-5:15pm
8023	5-9yrs	6 Classes	\$135	2/25	Sa	9:15am-10:00am
8021	5-9yrs	6 Classes	\$81	2/28	Tu	4:45pm-5:15pm
8022	5-9yrs	6 Classes	\$81	3/2	Th	6:00pm-6:30pm

**Mitey Mites Hockey 2**

Prerequisite Mitey Mites 1. Course covers striding, swizzles, pivot turns, backward swizzles, beginning forward crossovers, snowplow stops and beginning stick handling.

**Cabin John Ice Rink**

7624	3-4yrs	6 Classes	\$81	1/6	F	4:45pm-5:15pm
7625	3-4yrs	6 Classes	\$81	1/7	Sa	10:30am-11:00am
7627	4-9yrs	6 Classes	\$135	1/5	Th	4:00pm-4:45pm
7628	4-9yrs	6 Classes	\$135	1/7	Sa	8:30am-9:15am
7626	4-9yrs	6 Classes	\$135	1/10	Tu	5:45pm-6:30pm
8029	3-4yrs	6 Classes	\$81	2/24	F	4:45pm-5:15pm
8030	3-4yrs	6 Classes	\$81	2/25	Sa	10:30am-11:00am
8033	4-9yrs	6 Classes	\$135	2/25	Sa	8:30am-9:15am
8031	4-9yrs	6 Classes	\$135	2/28	Tu	5:45pm-6:30pm
8032	4-9yrs	6 Classes	\$135	3/2	Th	4:00pm-4:45pm

**Mitey Mites Hockey 3**

Prerequisite Mitey Mites 2. Course covers striding, beginning forward crossovers, snowplow stops, beginning backward crossovers and stick handling.

**Cabin John Ice Rink**

7630	4-9yrs	6 Classes	\$135	1/5	Th	5:15pm-6:00pm
7631	4-9yrs	6 Classes	\$135	1/6	F	5:15pm-6:00pm
7632	4-9yrs	6 Classes	\$135	1/7	Sa	7:45am-8:30am
7629	4-9yrs	6 Classes	\$135	1/10	Tu	4:00pm-4:45pm
8036	4-9yrs	6 Classes	\$135	2/24	F	5:15pm-6:00pm
8037	4-9yrs	6 Classes	\$135	2/25	Sa	7:45am-8:30am
8034	4-9yrs	6 Classes	\$135	2/28	Tu	4:00pm-4:45pm
8035	4-9yrs	6 Classes	\$135	3/2	Th	5:15pm-6:00pm

**Mitey Mites Hockey Advanced Level 1**

Prerequisite Mitey Mites 3. Course covers forward crossovers, stops, beginning backward crossovers and stick handling with puck.

**Cabin John Ice Rink**

7633	4-9yrs	6 Classes	\$135	1/6	F	4:00pm-4:45pm
7634	4-9yrs	6 Classes	\$135	1/7	Sa	7:45am-8:30am
8038	4-9yrs	6 Classes	\$135	2/24	F	4:00pm-4:45pm
8039	4-9yrs	6 Classes	\$135	2/25	Sa	7:45am-8:30am

**Mitey Mites Hockey Advanced Level 2**

Prerequisite Mitey Mites Advanced Level 1. Course covers forward and backward crossovers, passing, basic game play and stick handling.

**Cabin John Ice Rink**

7635	4-9yrs	6 Classes	\$135	1/7	Sa	7:00am-7:45am
8040	4-9yrs	6 Classes	\$135	2/25	Sa	7:00am-7:45am

**Wheaton Ice Arena  
Winter on Ice**

Saturday December 17, 6:45pm-8:45pm  
Free Admission

**Cabin John Ice Rink**

7618	3-4yrs	6 Classes	\$81	1/5	Th	4:45pm-5:15pm
7619	3-4yrs	6 Classes	\$81	1/6	F	2:30pm-3:00pm
7620	3-4yrs	6 Classes	\$81	1/7	Sa	10:00am-10:30am
7617	3-4yrs	6 Classes	\$81	1/10	Tu	5:15pm-5:45pm
7622	5-9yrs	6 Classes	\$81	1/5	Th	6:00pm-6:30pm



## Black Hill Visitor Center

Located on the shores of Little Seneca Lake, Black Hill Visitor Center offers some of the most scenic views in Montgomery County. Join our naturalist staff and share in discoveries that range from scenic vistas to local wildlife, geologic formations, and man's historic and prehistoric past. Learn how to kayak, canoe and fish; observe beavers, bats, fish and over 170 bird species on our wildlife pontoon boat cruise; prowl around in search of salamanders, snakes, frogs, and flying squirrels; and view star clusters, meteor showers and nebulas through our telescopes.

During inclement weather, Black Hill Visitor Center follows Montgomery County Public School closures, delayed openings and early releases for the safety of our staff and visitors. If school is closed for inclement conditions, our programs are cancelled.

Friends of Black Hill receive a discount to the nature programs. The discounted fee is not listed here. Visit [www.parkpass.org](http://www.parkpass.org) to see all the nature program listings and the Friends discounted fees.

### Children & Youth

#### Woodsmoke Tales Campfire & Night Hike

Hike along frosty Little Seneca Creek and throw your toes around a roaring indoor fire!! Enjoy Tall Tales and holiday songs as you munch on hotdogs, s'mores and sip gently warmed cinnamon apple cider. For the evening's finale, go outside to the volunteer-operated telescopes to view stunning views of stars plus the planets of Venus and Mars. Child must be accompanied by parent or guardian. Only child pays the fee. Meet at Seneca Lodge. Naturalist: Glenn Cumings.

7959 3-8yrs 1 Class \$10 12/8 Th 5:30pm-8:00pm

#### Storytime & Craft 'Snow'

Hear snow stories, make crystal snow shapes with pattern blocks, and decorate a giant snow cookie with frosting and colored décor crystals. All indoors program unless there is snow on the ground in which case there will be an short walk outdoors in order to track animals. This program is geared to preschool and early elementary ages but older and younger ages are welcome. Only child pays fee; parent or guardian does not pay. Naturalist: Fawn Foerster-Palmer.

7962 3-17yrs 1 Class \$5 12/21 W 10:00am-11:00am

7963 3-17yrs 1 Class \$5 12/21 W 2:00pm-3:00pm

#### Storytime & Craft 'Beaver Tales'

Tail slapping fun with stories about our beloved furry friends plus a make and take craft 'Beaver Lodge'—complete with its resident beaver! Take a short walk to visit an active beaver lodge. Dress warmly in layers. Only the child pays the fee; the parent or guardian does not pay. Naturalist: Glenn Cumings.

9600 3-6yrs 1 Class \$4 1/12 Th 1:00pm-2:30pm

#### Storytime & Hike 'Woodpecker Woods'

Listen to a story, watch a short video and make 'n take a woodpecker suet ball to hang outside at your home. Hike into the winter woods where woodpeckers whittle. These thick-skulled denizens of our forests can be observed using binoculars which we will supply. This program is geared to preschool and early elementary ages but older and younger ages are welcome. Younger siblings must be walkers or in a backpack. Naturalist: Fawn Foerster-Palmer.

9922 3-17yrs 1 Class FREE 1/18 W 10:00am-11:15am

9924 3-17yrs 1 Class FREE 1/18 W 4:15pm-5:30pm

#### Storytime & Craft 'Groundhog's Missing Fur'

Find out which animal is the 'Fur Thief' plus celebrate Groundhog Day with groundhog games. Win prizes! Munch on a yummy candy chocolate 'groundhog scat' snack. Make 'n take a whimsical groundhog craft! Visit a real sleeping groundhog's burrow and leave him a wake-up-from-hibernation snack. Dress warmly. Naturalist: Glenn Cumings.

9607 3-6yrs 1 Class FREE 2/2 Th 11:00am-1:00pm

#### Skunk Cabbage & Spring Signs Hike

Sniff the forest flowers and marvel at the growing things as days lengthen and warm. Enjoy a cookie snack. Dress warmly and wear mud worthy footwear. Siblings welcome but need to walk or be in a backpack carrier; no strollers. Recommended for younger children but can be enjoyed by older children and parents as well. Meet: Black Hill Park Boat Ramp. Naturalist: Fawn Foerster-Palmer.

9917 3-17yrs 1 Class FREE 2/23 Th 10:00am-11:15am

9918 3-17yrs 1 Class FREE 2/23 Th 4:45pm-6:00pm



## Programs for All

### Holiday Horse Drawn Wagon Ride & Sing Along

Step back in time and join the 'Reindeer Horses' for fun, food and songs. Cinnamon hot chocolate and delicious donuts are served to warm the belly! Child must be accompanied by parent or guardian. Both register and pay the fee. Meet at Little Bennett Regional Park campground Activities Center. Naturalist: Glenn Cumings.

9611	3yrs&up	1 Class	\$6	12/3	Sa	12:00pm-12:55pm
9612	3yrs&up	1 Class	\$6	12/3	Sa	1:00pm-1:55pm
9613	3yrs&up	1 Class	\$6	12/3	Sa	2:00pm-2:55pm
9614	3yrs&up	1 Class	\$6	12/3	Sa	3:00pm-3:55pm

### Drop-in Workshop 'Natural Ornaments'

Learn the simple delights of making holiday decorations from natural objects. Finish your creations with ribbon bows, tiny bells, seashells and/or dried flowers. Items include pressed flower snowflakes, a grapevine mini-wreath, and a milkweed pod star. Enjoy sugar cookies and hot cider as you work. Naturalist: Fawn Foerster-Palmer.

7957	3yrs&up	1 Class	\$8	12/7	W	10:00am-12:00pm
7958	3yrs&up	1 Class	\$8	12/7	W	2:00pm-6:00pm

### Van Trip 'Christmas for the Animals'

Travel to Sunny View Farm to meet, greet and feed Perry and Bucky—Soay rams, Rachel, Daniel, Bryanne and Nicole—wool sheep, 'Q' the giant goat and all of their African pygmy goat friends. Horses too! Learn about threatened Soay sheep and their amazing survival story. Child must be accompanied by a parent or guardian. Both pay the fee. Naturalist: Glenn Cumings.

7960	5yrs&up	1 Class	\$10	12/11	Su	1:00pm-3:30pm
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### Seneca Lodge Holiday Hike!

Travel over hill and dale along beautiful Little Seneca Creek's banks. Work up an appetite for woodfire-cooked hotdogs, cinnamon hot chocolate and s'mores. Meet at Seneca Lodge. Naturalist: Glenn Cumings.

7965	6yrs&up	1 Class	\$10	12/28	W	10:30am-1:00pm
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### Van Trip 'Poplar Springs Farm Animals'

A very special trip to one of the largest and most amazing animal sanctuaries on the East Coast! Immerse yourself in the holiday spirit of helping animals who need a home. Touch and become friends with free-roaming pigs, cows, horses, goat, sheep and other domesticated animals. Hear the unique and truly incredible tales of animal survival and rescue, as told by owners Dave and Terry. Join the 'Bovine Believers' and gain an appreciation for one of the Naturalist's favorite barnyard animals, the dairy cow. Child must be accompanied by parent or guardian. Both register and pay the fee. Naturalist: Glenn Cumings.

7966	8yrs&up	1 Class	\$10	12/29	Th	12:00pm-3:00pm
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### The Quadrantid Meteor Shower Breakfast

Start your workday off right by stuffing your face with pancakes, real maple syrup, juice and coffee. Lie back on our giant plastic tarp and enjoy the excitement of spectacular Meteor flashes and the Winter and Spring constellations. Naturalist: Glenn Cumings.

9598	6yrs&up	1 Class	\$6	1/4	W	4:15am-6:00am
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### Lake Hike & Wiener Roast Campfire

Our great epic adventure begins at the visitor center as we travel along the frozen lake trail to the campfire area and thaw out with Cinnamon Hot Chocolate and Nathan's Hotdogs! No whiners only wieners allowed! Dress warmly in layers. Child must be accompanied by parent or guardian. Both register and pay the fee. Naturalist: Glenn Cumings.

9601	6yrs&up	1 Class	\$8	1/8	Su	10:00am-12:30pm
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### Ice Antics & Ice Cream!

Get into the Arctic mood with a delicious Hershey's hot fudge ice cream sundae! As you cool down, discover frigid facts about ice and the animals and people that live in the far North! Hear true tales and see photos of Naturalist Glenn Cumings and the Reindeer! Cool Arctic animal video too! Child must be accompanied by parent or guardian. Both register and pay the fee.

9599	3yrs&up	1 Class	\$6	1/11	W	4:00pm-5:45pm
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### Van Tour

#### 'Woodpeckers & Campfire Hotdogs'

Shake off the winter blues and take a invigorating loop hike along the Potomac River through the Dickerson Conservation Area. See massive sycamore trees, get up close to the amazing woodpeckers and view them with high quality 8 x 42 wide angle binoculars we provide! When your appetite peaks, scarf down delicious campfire roasted hotdogs and sip rich sapsucker hot chocolate. Dress very warmly in layers. Child must be accompanied by a parent or guardian. Both register and both pay the fee. Naturalist: Glenn Cumings.

9603	6yrs&up	1 Class	\$6	1/22	Su	1:00pm-4:00pm
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### Winter Night Sky

#### Saturn's Rings & More

Behold Saturn—Lord Of The Rings! On this dark, moonless night as Saturn's orbit swings in closer to Earth, be amazed at its colorful Icy Rings, tilted just right for perfect viewing. Catch the Winter Circle of brilliant giant stars and many sparkling star clusters! Gut warming galactic hot chocolate will keep you going! Mega binoculars and Volunteer astronomer-operated telescopes provided! Dress very warmly in layers. Back-up indoor media room presentation if there are cloudy skies. Naturalist: Glenn Cumings.

9604	6yrs&up	1 Class	FREE	1/26	Th	7:00pm-8:45pm
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### Full Moon Hike & Owl Prowl

Begin with a short video and introduction to owl natural history. Bundle up and walk through mature woods on our paved nature loop of 1.5 miles. Listen for screech, great horned and barred owls. Bring your own flashlight. Dress warmly. A parent must accompany a child 16 yrs or younger. Both register and both pay the fee. Rain cancels the program. Naturalist: Fawn Foerster-Palmer.

9925	5yrs&up	1 Class	\$4	1/28	Sa	5:00pm-6:45pm
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The Black Hill Visitor Center Friends Group and the Locust Grove Nature Center Friends Group support, promote, and sustain the nature programs and special events at these two facilities. For more information, contact the facility or visit their websites at [www.blackhillnature.org](http://www.blackhillnature.org) and [www.locustgrovenature.org](http://www.locustgrovenature.org).

BECOME A  
FRIEND of  
the Black Hill  
or Locust  
Grove Nature  
Program!

### Astronomy Traffic Jam!

Not to be missed. A magical mix of close pairings—Saturn and the Beehive Cluster, Mars and The Moon and the famous super bright Pleiades Cluster with the Moon and Mars! Take in the Winter Circle of brilliant stars, the Hyades, Double and Orion Clusters and much more! Milky Way bars and cosmic cocoa served to keep you warm! Mega binoculars and volunteer-operated telescopes provided! Indoors media room presentation if cloudy skies. Dress very warmly in layers. Naturalist: Glenn Cumings.

9608 6yrs&up 1 Class \$4 2/5 Su 6:30pm-8:45pm

### Valentine's Day Your Animal Friends

Share your love of animals by making treat baskets of popcorn, berries and fruit to hang on your shrubs and trees at home! Help them get through the winter! Naturalist: Glenn Cumings.

9609 5yrs&up 1 Class \$4 2/14 Tu 4:00pm-5:30pm

### Family Hike 'Wonder of Woodcock Watching'

Catch the nasal 'peent' calls and 'sky dancing' spring rituals of these sandpiper cousins. Woodcocks have long, flexible and sensitive bills which they use to probe moist soil in search of worms and invertebrates. Tonight there will be about one hour after the sun has set when moonshine will illuminate these feeding and courting meadows. Hot chocolate and donuts provided. Bring your folding chair to watch this fascinating rite of spring. Rain cancels program. Meet: Kingsley Schoolhouse Trail parking lot in Little Bennett Regional Park, southeastern side of Rte. 121, Clarksburg. Naturalist: Fawn Foerster-Palmer.

9921 5yrs&up 1 Class \$3 2/28 Tu 5:30pm-6:45pm

## Adults

### Fredericksburg Van Tour Part II

This southern city is equidistant from Richmond, former capital of the Confederacy and the District of Columbia, capital of the United States. Visit Ferry Farm, boyhood home of George Washington. In Old Towne discuss colonial news and gossip with costumed interpreters at the Rising Sun Tavern, view three Tiffany windows in St. George's Episcopal Church and explore the Fredericksburg Area Museum. Tour the gardens, studio and restored 18th century landmark home of the Impressionist artists Gary Melchers and his wife Corinne. For teatime visit with 5th President James Monroe and his wife Elizabeth (costumed interpreters) at the Monroe Museum. The Fredericksburg Holiday Parade will march down Main Street as we are concluding our day in this 'Most Historic City'. All tour and entrance fees are pre-paid in your registration fee. Bring your own money for lunch (~\$10-\$15 including tip) and dinner (~\$15-\$25 including tip). Dress in layers for indoor/outdoor venues. Naturalist: Fawn Foerster-Palmer.

7955 18yrs&up 1 Class \$45 12/3 Sa 8:30am-8:30pm

Looking for a naturalist-led group program for your preschool, school, home school, college, community group, scout group, birthday party, reunion, or office? Please visit [www.blackhill-nature.org](http://www.blackhill-nature.org) for a listing of program topics and fees or call the facility for more information.

### Adult Van Tour Birding Around the Lake

We'll visit the best spots around the lake for viewing ducks, geese, swans and other winter birds. Take short easy walks at each location. Spotting scopes provided. Bring your own binoculars. Naturalist: Denise Gibbs.

7961	18yrs&up 1 Class	\$10	12/14	W	8:30am-11:00am
7964	18yrs&up 1 Class	\$10	12/28	W	8:30am-11:00am
9621	18yrs&up 1 Class	FREE	1/11	W	8:30am-11:00am
9650	18yrs&up 1 Class	FREE	1/25	W	8:30am-11:00am

### Eastern Shore Birding & Seafood Van Tour

Join us for excellent birding and camaraderie as we enjoy a nice mix of ducks such as common golden eye, canvasback, redhead, bufflehead, lesser scaup, ring neck and others! Plus tundra swans, bald eagles and mergansers! Quality 8x42 binoculars and spotting scopes. Upon our return we will stuff ourselves with delicious seafood at Harrison's! Dress very warmly in layers. We will provide heat packs for your boots. Bring your own money for a fast food lunch and a seafood dinner at Harrisons Seafood. Naturalist: Glenn Cumings.

9602 18yrs&up 1 Class \$20 1/19 Th 7:00am-7:00pm

### Adults Special 'The Scoop On Vanilla'

America's favorite flavor comes from the seed capsules of the vanilla orchid! Orchid vines are grown in the shaded edges of tropical forests. The flowers require hand-pollination. The ripe pods need hand-harvesting, curing and delicate handling in order to bring out full vanilla aroma and taste. Join us in an after lunchtime session of learning and sampling of various sweet desserts and beverages made with real vanilla. Recipes will be provided. Bring your sweet tooth and become a vanilla connoisseur! Naturalist: Denise Gibbs.

9698 18yrs&up 1 Class \$10 1/31 Tu 1:00pm-3:00pm

### Special Event 'Chocolate Delights'

Romance, obsession, addiction, nutrition, health and a rich history surround the special food known as the 'Nectar of the Gods!' Explore the cocoa tree natural history, the chocolate-making process and peer into the world's love affair with this amazing New World discovery! Enjoy sampling of gourmet varietal and custom-blended chocolates from around the world!! Some samples may contain nuts! Naturalists: Glenn Cumings and Denise Gibbs.

9605 18yrs&up 1 Class \$10 2/1 W 12:30pm-2:00pm

### Special Event 'The Secrets of Master Chocolatier Jim Heyl!'

Our Chocolate Festival continues with a presentation by internationally renowned 'Master Chocolatier' Jim Heyl. Jim is the chocolate genius behind Moore's Candies in Baltimore. He will share his passion, secrets and chocolate-making insights during an engaging talk and video. He will demonstrate a few of his special techniques for the making of fine chocolate candies. There will be samples for everyone in the audience! Jim Heyl will have some of his 'Select Candies' for sale at the conclusion of his presentation! Some samples may contain nuts! Naturalists: Glenn Cumings and Denise Gibbs.

9606 18yrs&up 1 Class \$5 2/1 W 2:30pm-3:30pm



## Brookside Nature Center

Visit [brooksidenature.org](http://brooksidenature.org) or [parkpass.org](http://parkpass.org) for a complete listing of Brookside Nature Center's January and February programs.

During inclement weather, Brookside Nature Center follows Montgomery County Public School closures, delayed openings and early releases for the safety of our staff and visitors. If school is closed for inclement conditions, our programs are cancelled.

**Center is open Tuesday through Saturday, 9am-5pm.**

Nestled within the 536-acres of Wheaton Regional Park and located next to Brookside Botanical Gardens, Brookside Nature Center offers hands on educational experiences for organized groups and the general public. Adults and children alike can learn how to make maple sap into maple syrup, search for frogs and insects, explore streams, and catch a glimpse of meteor showers. The pioneer homestead, wildlife viewing areas, self-guided trail, wheelchair accessible interpretive boardwalk, and native landscape gardens add to the center's uniqueness. On-site exhibits showcase local natural and cultural history.

\*For these programs, register all adults and children attending the program. The fee is for children only; adults are free.

Registration is required for all programs unless stated otherwise.

### Children's Programs

#### Time for Tots 'Beautiful Birds'

Join us for a story, craft and easy walk to see different kinds of birds.

7522	18-36mos	1 Class	\$4	12/7	W	10:30am-11:15am
7523	18-36mos	1 Class	\$4	12/7	W	11:30am-12:15pm

#### Birds In Winter

How do birds survive in the cold weather? Come learn through a story, short hike, and making a treat for birds in your yard.

7524	3-5yrs	1 Class	\$5	12/9	F	9:30am-10:30am
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#### Holiday Wrappings

Make festive wrapping paper, cards and gift tags using sponges, stamps, and natural materials.

7531	3-15yrs	1 Class	\$5	12/17	Sa	10:00am-11:00am
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#### Animal Stories and Cookies

Make, bake, decorate, and eat cookies as we nestle indoors around the fireplace listening to animal stories.

7532	3-15yrs	1 Class	\$7	12/17	Sa	1:00pm-2:30pm
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#### Holiday at the Homestead

Help us decorate the pioneer cabin using natural materials and see how pioneers lived long ago. Make and take a simple decoration home for your house!

7533	3-5yrs	1 Class	\$4	12/20	Tu	10:30am-11:30am
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#### Time for Tots 'Winter Wonderland'

It's a winter wonderland in the woods. We'll share a story and walk among snowflakes.

10005	18-36mos	1 Class	\$5	1/13	F	10:30am-11:15am
10006	18-36mos	1 Class	\$5	1/13	F	11:30am-12:15pm

#### It's Maple Sugaring Time!

The sap is 'running' in the sugar bush. Help us tap some maple trees and taste a sweet maple treat!

10014	3-5yrs	1 Class	\$4	1/24	Tu	10:30am-11:30am
10015	3-5yrs	1 Class	\$4	1/24	Tu	1:30pm-2:30pm

#### The Mitten

Hear a story about a mitten, hike to find hidden visitors in our forest, and make and take home a special mitten.

10016	3-5yrs	1 Class	\$4	1/28	Sa	10:00am-11:00am
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#### Time for Tots 'Have A Heart Hike'

Wish the wildlife 'Happy Valentine's Day' by leaving them tasty treats. For each wildlife treat you leave, you get a heart sticker!

10022	18-36mos	1 Class	\$5	2/10	F	10:30am-11:15am
10023	18-36mos	1 Class	\$5	2/10	F	11:30am-12:15pm

#### Toddler Bird Walk

We'll take a walk and look for birds that live here! Help us give our feathered friends treats by filling our feeders with healthy seeds.

10050	2-5yrs	1 Class	\$3	2/25	Sa	10:00am-10:45am
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Brookside Nature Center provides naturalist-led environmental and historical education programs; see information at [brooksidenature.org](http://brooksidenature.org).

### Puppet Shows

No registration required. Please bring exact change. Fee is for children only.

#### A Gift For Wildlife

See what happens when the animals find an old holiday pine tree.

7534	1yr&up	1 Class	\$2	12/20	Tu	2:00pm-2:30pm
7535	1yr&up	1 Class	\$2	12/27	Tu	10:00am-10:30am

#### The Red Scarf

What happens when animals find a scarf left in the meadow?

10009	1yr&up	1 Class	\$2	1/18	W	11:30am-12:00pm
10010	1yr&up	1 Class	\$2	1/20	F	2:00pm-2:30pm

#### Groundhog Day

Help coax Phil, the groundhog, to come out and see his shadow.

10019	1yr&up	1 Class	\$2	2/2	Th	11:30am-12:00pm
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#### A Valentine For Wildlife

Puppet animals share treats with each other on Valentine's Day!

10048	1yr&up	1 Class	\$2	2/14	Tu	2:00pm-2:30pm
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## Programs For All

### Nature Critters

Make critters from natural materials such as pinecones, seeds, and pods for whimsical holiday decorations. Register only those making crafts.

7520 1yr&up 1 Class \$7 12/3 Sa 10:00am-11:30am

### Ornaments for the Animals

Make a special treat for the animals that's not only tasty, but dresses up your trees and bushes. Register only those making treats.

7521 1yr&up 1 Class \$8 12/3 Sa 2:00pm-3:30pm

### \*Squirrel-mania!

Learn about these cool mammals in our park. Join a short hike to view them preparing for winter.

7525 1yr&up 1 Class \$5 12/10 Sa 10:00am-11:00am

### \*Creature Feature

Have you ever seen a salamander or a box turtle? Meet and greet some of our resident reptiles and amphibians up close.

7526 1yr&up 1 Class \$4 12/10 Sa 1:00pm-2:00pm

7538 1yr&up 1 Class \$4 12/29 Th 10:00am-11:00am

### New Year Noisemakers

Get ready to celebrate the New Year by making noisemakers and other party items from things you find in your house. Register only those making crafts.

7537 1yr&up 1 Class \$8 12/28 W 1:30pm-3:00pm

### \*Family Letterboxing at Maydale Park

A fun, outdoor activity for the whole family. Create your own personalized stamp, make a letterboxing notebook, then hike using clues to find the hidden letterboxes in the park! Bring one daypack/family and wear walking shoes.

10001 1yr&up 1 Class \$6 1/7 Sa 11:00am-12:30pm

### The Magic of Nature!

Join a nature-loving magician, 'Wendy Wand', for an afternoon of educational magic!

10003 1yr&up 1 Class \$5 1/7 Sa 3:00pm-4:00pm

### \*Feeling Flaky

Create some flaky crafts to bring winter indoors.

10007 3yrs&up 1 Class \$5 1/14 Sa 2:00pm-3:00pm

### \*Creature Feature

Have you ever seen a salamander or a box turtle? Meet and greet some of our resident reptiles and amphibians up close.

10012 1yr&up 1 Class \$4 1/21 Sa 10:30am-11:30am

### \*Winter Wildlife Hike

Join an easy hike through our forest and fields to look for signs of winter wildlife. No strollers please.

10013 2yrs&up 1 Class \$4 1/21 Sa 2:00pm-3:00pm

### \*Tapping Trees

The sap is 'running' in the sugar bush. Help us tap some maple trees and taste a sweet maple treat!

10017 2yrs&up 1 Class \$4 1/28 Sa 1:00pm-2:00pm

10018 2yrs&up 1 Class \$4 1/28 Sa 3:00pm-4:00pm

Homeschool Special

10011 2yrs&up 1 Class \$4 1/20 F 1:00pm-2:00pm

### \*Beginning Bird Watching

Learn birding tips, then head outdoors to identify a few common birds. Bring binoculars or borrow ours.

10020 5yrs&up 1 Class \$4 2/4 Sa 10:00am-11:00am

### \*Snakes Alive

Meet and touch some of our live local snakes. Learn about what they eat and where they live.

10021 1yr&up 1 Class \$4 2/4 Sa 11:30am-12:30pm

### \*From Sap to Syrup

Visit our 'sugarbush' and see how maple sap is made into yummy maple syrup.

10024 1yr&up 1 Class \$4 2/11 Sa 1:00pm-2:00pm

10025 1yr&up 1 Class \$4 2/11 Sa 3:30pm-4:30pm

### Maple Sugar Festival

Stop by to see the whole process from start to finish. See sap drip from trees and taste it, watch us boil it into sweet maple syrup, then sample a tasty treat! No registration required.

10049 1yr&up 1 Class Free 2/18 Sa 11:00am-3:00pm

### \*Is Spring Just Around the Corner?

Read about Frog and Toad's search for spring. We'll hike and sniff in search of spring's first flower and see...

10051 1yr&up 1 Class \$3 2/25 Sa 3:00pm-3:45pm

## Brookside at Night

### Flying Squirrels

Catch a glimpse of these nighttime gliders and find out how they live. No registration required. Rain cancels program.

7528 1yr&up 1 Class Free 12/15 Th 4:45pm-5:30pm

10008 1yr&up 1 Class Free 1/14 Sa 5:15pm-6:00pm

### \*Night Hike and Owl Prowl

Take a nighttime walk in the woods and listen for the calls of owls and maybe catch a glimpse, if we're lucky.

7529 6yrs&up 1 Class \$6 12/15 Th 6:30pm-8:00pm

### \*Night Tree

Enjoy a charming story about a family's holiday tradition of decorating a tree for wildlife. Then make edible wildlife treats and start your own tradition! Afterwards, we'll take a night hike to place some in the forest.

7530 1yr&up 1 Class \$6 12/16 F 6:30pm-8:00pm

### \*Winter Solstice Campfire

On the longest night of the year, gather 'round the campfire, roast marshmallows, and enjoy solstice games and stories.

7536 1yr&up 1 Class \$3 12/21 W 7:00pm-7:45pm

## Adult Programs

### Ladies Hike Out

Want to hike but don't know where to go? Meet other women while we hike along different trails in our parks. Adult women only, please.

7527 16yrs&up 1 Class Free 12/11 Su 2:30pm-4:30pm

### Ladies Winter Hike Out

Want to go hiking but don't know where to go? Meet other women who enjoy hiking while we hike along Northwest Branch. Van transportation to trailhead.

10004 15yrs&up 1 Class \$2 1/8 Su 1:00pm-4:00pm

## Maple Sugar Festival

**11:00am-3:00pm,  
Saturday,  
February 18  
at Brookside  
Nature Center**

Discover how  
maple sap is turned  
into delicious  
maple syrup!



# Locust Grove Nature Center

During inclement weather, Locust Grove Nature Center follows Montgomery County Public School closures, delayed openings and early releases for the safety of our staff and visitors. If school is closed for inclement conditions, our programs are cancelled.

**Center is open Tuesday through Saturday, 9am-5pm.  
Trails open daily dawn to dusk**

Located in the 500 acres of Cabin John Regional Park, Locust Grove Nature Center offers natural and cultural history programs for adults and children of all ages. Come visit our live animal exhibits, join us for an educational nature walk, explore miles of trails through woodlands and meadows, or see what is swimming in Cabin John Creek. Share a story with your child, explore some of nature's treasures in our children's reading area, or follow our self-guided nature trail.

## Toddler Time

Special activity time exploring nature with toddlers and adults.

### Rock 'n' Roll

10198 1-2yrs 1 Class \$3 1/7 Sa 10:30am-11:15am

### How Touching!

10206 1-2yrs 1 Class \$3 2/23 Th 11:30am-12:15pm

## Science of Nature

Young naturalists delve into science through hands-on activities and close observation.

### The Story of Scat

9800 6-12yrs 1 Class \$6 1/17 Tu 4:00pm-5:00pm

### Human Eating Bugs

9801 6-12yrs 1 Class \$5 2/15 W 4:00pm-5:00pm

## Discover Nature

Beginning biologists develop their natural curiosity and take a close-up look at various nature topics.

### Shapes

9798 3-6yrs 1 Class \$6 1/3 Tu 3:00pm-4:00pm

### Bones

9799 3-6yrs 1 Class \$5 2/7 Tu 3:00pm-4:00pm

## Family Programs

### Winter Bats

Montgomery County hosts 10 species of bats, but where are they now? Some animals migrate, some hibernate, but lots of bats do both! Recommended for ages 5 and up.

9802 All Ages 1 Class \$2 1/27 F 7:00pm-8:00pm

### Taste of the Tropics

Listen to the music of the tropics and discover a bounty of unusual fruits and vegetables to brighten up a cold February weekend. Note: nuts, fresh and canned fruits and vegetables will be available for sampling. Recommended for ages 5 and up.

9803 All Ages 1 Class \$6 2/11 Sa 12:00pm-1:00pm

## Natural Science Classes for Older Children

### Off the Beaten Path Hike

True explorers forge their own path! We'll rely on group consensus to determine a route through the wilds of Cabin John Park as we leave the trail behind and venture into the hinterlands. Bushwhacking, scrambling, fording and bold discovery are all possible options under the careful discretion of our intrepid naturalist. Safe adventure guaranteed! Dress for anything, but mainly for comfort. Bring water. Children under 8 must be accompanied by an adult.

10200 7-12yrs 1 Class Free 1/23 M 1:00pm-2:30pm

### Winter Tree ID

Meet 'Bark' and 'Bud', your guides to winter tree identification. They will take you on a tour of the park and re-introduce you to familiar trees that are in their winter disguise.

9849 6yrs&up 1 Class \$5 1/26 Th 3:45pm-4:45pm

## Storytime

The magic of storytelling never fades! Come join our naturalist for a story about the amazing things in the world all around us.

### Who Lives in a Shell?

10250 3-5yrs 1 Class \$5 1/18 W 10:00am-11:00am

### Woodpeckers

10251 3-5yrs 1 Class \$5 2/9 Th 3:45pm-4:45pm

### Verdi

10252 3-6yrs 1 Class \$5 2/21 Tu 2:00pm-3:00pm

### How Groundhog's Garden Grew

10253 3-7yrs 1 Class \$4 2/28 Tu 1:30pm-2:30pm

## Train Station Storytime

Who! Who! Visit the train station Discovery Room at Cabin John Regional Park (near the playground) for a seasonal story and outdoor activity.

### Snowy Winter Stories

9804 3-5yrs 1 Class \$4 1/6 F 10:30am-11:30am





### Over the Rainbow

Explore light, color and movement, and experience all the colors of the visible spectrum. Enjoy a kaleidoscope of activities as we discover what is over the rainbow. Meet at Cabin John Train Station.

9850 4-7yrs 1 Class \$6 2/1 W 10:00am-11:00am

### Oranges

Once considered a delicacy reserved for the very rich, oranges are a remarkable food with benefits that go beyond their cheerful color and nutritional value. Whether eaten or used as stocking stuffers, or even as moth repellents, it's a treat just to learn about this sunny fruit. Orange craft included. Children under 8 must be accompanied by an adult.

10203 6-12yrs 1 Class \$6 2/4 Sa 1:00pm-2:00pm

### The Sense of Touch

The sense of touch is shared by the plant and animal world alike, though in vastly different dimensions. Through hands-on, feet-in, finger-tingling activities we'll widen our awareness of and appreciation for this very intimate sense. Children must be accompanied by an adult.

10205 6-10yrs 1 Class \$5 2/17 F 4:00pm-5:00pm

## Craft Programs for Older Children & Adults

### Beginning Leather Tooling

Humanity's very first clothing (fig leaves aside) was made out of animal skins. Today we still fashion garments and accessories out of hides. By stitching a simple pouch of cow hide and embossing it with leather stamps, participants can gain some insight into what it was like for our ancestors to work with leather and to rely on its strength and durability. A brief explanation of tanning, an important industry in the 18th and 19th centuries will also be included.

10199 7-12yrs 1 Class \$10 1/12 Th 4:30pm-5:45pm

### Dried Flower Terrarium

Learn basic flower drying and pressing techniques and make a dried flower terrarium to decorate a room or to give as a gift.

9848 6-10yrs 1 Class \$8 1/19 Th 3:45pm-4:45pm

### Beginning Knitting: A Cultural Heritage

Machine knitting makes much of the clothing we wear today, and the craft of hand knitting is experiencing a resurgence. Why? What's so special about looping yarns around each other with two sticks? How has knitting influenced our agrarian culture? Why are knits a popular textile? Come learn the history and influence of knitting as well as basic knitting skills and how to create a simple scarf. Bring your own pair of size #8 needles (plastic or wood). Yarn provided. This is a two-part workshop. NOTE that the first part January 26 and the second class is February 22.

10202 8yrs&up 2 Classes \$10 1/26 Th 4:30pm-5:30pm  
2/22 W

Many of our nature programs are age specific. We regret that younger siblings over the age of one, who are not registered in the class, cannot be accommodated due to space limitations.

## Adult Programs

### U.S. Botanical Gardens

#### Model Train Display

Back by popular demand, Paul Busse and his team of artisans from Applied Imagination return to the U.S. Botanic Gardens to display their incredible miniature train world. Their elaborate sets combine landscape design and architecture, resulting in accurately reproduced structures (this year of Old Town Washington) fabricated largely out of plant materials! Leaf segments form roof shingles, grape vine tendrils function as railings, and grass blades become window sashes. Our visit includes ample time to examine the set, as well as talk with a Garden railway docent to learn more model train displays. We'll meet downtown at the metro station, take a short walk to the conservatory, enjoy the display and have lunch afterwards (not included in the price).

10201 12yrs&up 1 Class \$7 1/5 Th 10:30am-12:45pm

### Hiking with Kids

Want to take an 'adult hike' but you have your kids with you all day? Not to worry! We will take an easy hike around Cabin John Regional Park that even your youngest will enjoy. Meet at Cabin John Train Station.

9805 18yrs&up 1 Class \$5 1/11 W 11:00am-11:45am

### Adult Hike: Shale Barrens

Stretch your legs and your mind with a naturalist-led hike to one of nature's nicest places!

10254 18yrs&up 1 Class \$12 1/21 Sa 10:00am-12:00pm

### Insects and the Civil War

It's a fact that, during the Civil War, two times more soldiers died from insect-related disease than from direct battle. Clearly, insects played a prominent role in the life and death of enlisted men. From the food they ate to the blankets they slept in, soldiers and insects interacted closely. The presentation given by Dr. Gary Miller, a research entomologist with the USDA and student of the Civil War, explores the relationship between soldiers and insects such as fleas, flies and beetles. Join us for a fascinating discussion and power point program that will add a new perspective to your understanding of Civil War tribulations and battles.

10204 12yrs&up 1 Class \$10 2/17 F 7:00pm-8:30pm

## Volunteers in the Parks? Naturally!

Volunteering in parks is a fun and natural choice when looking to share your time and talents. Make new friends and learn new things while helping us spruce up park trails, grow plants at our nurseries, assist naturalists at nature centers, or support our outstanding park programs and facilities.

Sign-Up Now: Light Show volunteers are needed for the Garden of Lights display at Brookside Gardens through January.

Visit our website to check out our many unique opportunities:  
[www.parksvolunteers.org](http://www.parksvolunteers.org)

Or call the Volunteer Services Office at 301-495-2504.



# Meadowside Nature Center

During inclement weather, Meadowside Nature Center follows Montgomery County Public School closures, delayed openings and early releases for the safety of our staff and visitors. If school is closed for inclement conditions, our programs are cancelled.

Center is open Tuesday-Friday, 9am-5pm, Saturday 9am-4pm.

Located in Rock Creek Regional Park, Meadowside Nature Center offers hands-on exhibits and live animal interpretive displays in our Legacy of the Land, Legacy of the People and Curiosity Corner areas of the nature center. Please visit our website at [www.meadowsidenature.org](http://www.meadowsidenature.org) for descriptions and pictures of our facilities.

## Children's Programs

### Kids Holiday Gift Making and Fun

Meet the animals of Meadowside Nature Center and have your picture taken with one. Go on a hike to collect natural materials and decorate a frame for your picture. Then watch a movie, have a pizza dinner and wrap up your gift to give to someone this holiday season. Children may be dropped off for this program so parents can do a little shopping or have dinner out! Naturalist: Jody Powell

8706 7-12yrs 1 Class \$20 12/6 Tu 5:30pm-9:00pm

## Storytime with Sandy Staples

The magic of storytelling never fades! Come join our naturalist for a story about the amazing things in the world all around us.

### The Mitten

Listen to a classic winter tale and make a 'wild critter' out of natural materials to put in a miniature red mitten to take home.

8878 3-7yrs 1 Class \$6 12/28 W 10:00am - 11:00am

8879 3-7yrs 1 Class \$6 12/28 W 1:00pm-2:00pm

### Squirrel And John Muir

Learn about the fledgling naturalist and founder of the Sierra Club as well as the beauty of Yosemite Valley, the future site of Yosemite National Park.

9898 3-6yrs 1 Class \$5 1/11 W 9:30am - 10:30am

9899 3-6yrs 1 Class \$5 1/11 W 1:00pm-2:00pm

### Otter On His Own

Explore the world of the sea otter and other sea creatures with a story and make a mobile to take home.

9901 3-6yrs 1 Class \$5 1/17 Tu 1:30pm-2:30pm

9902 3-6yrs 1 Class \$5 1/19 Th 9:30am - 10:30am

### Marsh Morning

Explore the variety of birds and other animals found in a marsh with a story and make a sock puppet to take home. Some parental assistance is required.

9906 3-6yrs 1 Class \$5 1/24 Tu 9:30am-10:30am

9907 3-6yrs 1 Class \$5 1/24 Tu 1:30pm-2:30pm

### The Giving Tree

Celebrate the joy of plants, growing things, and Valentine's Day. Make a special treat with pressed flowers to give to someone special.

9913 3-6yrs 1 Class \$6 2/14 Tu 9:30am-10:30am

9914 3-6yrs 1 Class \$6 2/14 Tu 1:30pm-2:30pm

### Snowy Tales of Winter

Winter is here! Come in from the cold and listen to stories of snowmen, huge snowballs, and other magical tales. Make a snow craft to take home. Naturalist: Melanie Marshall

8707 3-7yrs 1 Class \$5 12/7 W 9:30am-10:30am

### Be A Tin Smithy!

Journey back in time as we learn more about the art and craft of being a tin smith. Make a piece of tin smithing to take home.

8713 7-13yrs 1 Class \$5 12/9 F 1:00pm-2:00pm

### Teddy Bears and Teddy Tales

Bring your favorite teddy bear and listen to bear tales—black bears, brown bears and, of course, teddy bears! Make a bear craft to take home. Naturalist: Melanie Marshall

8715 3-7yrs 1 Class \$5 12/13 Tu 9:30am-10:30am

### Jurassic Tales!

Journey back to the time of the dinosaurs! We will fill this hour with dinosaur tales, dino activities and a dino craft to take home. Naturalist: Melanie Marshall

8598 3-7yrs 1 Class \$5 1/4 W 9:30am-10:30am

### Animals in Winter

As the temperatures drop, we put on warmer clothing and crank up the heat in our houses. How do animals cope with the change in seasons? What happens to animals as the weather changes? Join us as we explore animals in winter.

9998 5-10yrs 1 Class \$5 1/5 Th 3:30pm-4:30pm

10000 5-10yrs 1 Class \$5 2/10 F 9:30am-10:30am

### Starlight Tales!

The moon and the stars have always filled us with wonder. Join us for an hour of stories of the moon and the stars, complete with activities and a craft. Naturalist: Melanie Marshall

8599 3-7yrs 1 Class \$5 1/6 F 9:30am-10:30am

### Rockin' Woodpeckers!

Listen for the raucous sounds of the woodpeckers in winter. Learn about our native species and make suet to take home! Naturalist: Melanie Marshall

8600 3-7yrs 1 Class \$5 1/10 Tu 9:30am-10:30am

### Let's Experiment! Chemistry for Kids

Let's have fun with science as we perform some chemistry experiments from bioluminescence to light waves! Each class will have a different topic.

8601 8-13yrs 1 Class \$5 1/12 Th 3:45pm-4:45pm

### Mr. Grey Squirrel and Friends!

The grey squirrel is everywhere! Hurrying, scurrying, and digging up the nuts buried in the fall. Join us as we explore the wonderful world of the grey squirrel and friends through stories, activities and a craft.

8602 3-7yrs 1 Class \$5 1/17 Tu 9:30am-10:30am

### Meet the Animals at Meadowside!

Come to the nature center and meet some of our resident animals!

9999 3yrs&up 1 Class \$4 1/18 W 9:30am-10:30am

10002 3yrs&up 1 Class \$4 2/8 W 3:45pm-4:45pm

### It's Groundhog Day!

Will the groundhog see his shadow? Will spring be early or late? Find out how the groundhog became a weather forecaster and make a groundhog craft to take home.

8604 3-7yrs 1 Class \$5 2/2 Th 9:30am-10:30am

### Eensy, Weensy Spider!

Get all the spider facts, meet a spider and make an eensy, weensy spider of your very own to take home.

8875 3-7yrs 1 Class \$5 2/8 W 9:30am-10:30am

### A Gift for Wild Things

Read a nature story to capture your heart and make a treat for the wild creatures in your backyard.

9909 3-6yrs 1 Class \$5 2/9 Th 9:30am-10:30am

9910 3-6yrs 1 Class \$5 2/9 Th 1:30pm-2:30pm

9912 3-6yrs 1 Class \$5 2/18 Sa 10:00am-11:00am

### Frog and Toad Are Friends

Learn the difference between frogs and toads through stories, craft, and live animals.

8874 3-7yrs 1 Class \$5 2/15 W 9:30am-10:30am

## Programs for All

### Celebrate Helping Wild Things

Our local wildlife rehabilitation center for injured wildlife, Second Chance, will share information about what to do to help injured wild animals. We will be collecting donations for Second Chance to help them take care of their charges.

9916 18mo&up 1 Class FREE 12/10 Sa 1:00pm-3:00pm

### Say It with Flowers

Flowers were used to convey a secret message. Make a simple floral message with pressed flowers on a card to give to someone special.

9908 8yrs&up 1 Class \$7 2/3 F 3:45pm-4:45pm

### Planetarium Program

Join us for the current night sky constellations, sky lore, and sky facts. Meet at the Smith Environmental Center.

8876 8yrs&up 1 Class \$5 2/24 F 3:30pm-4:30pm

### Maple Sugaring

Learn about the process of making maple syrup from the tree to the bottle, and take a taste test to see if you know which is the real maple syrup.

8606 3yrs&up 1 Class \$5 2/28 Tu 4:00pm-5:00pm

8877 3yrs&up 1 Class \$5 2/28 Tu 9:30am-10:30am

## Adult Programs

### Celebrate Agriculture in Maryland

View a slide show and take a van tour while we discuss on the Agricultural Reserve program in Montgomery County.

7548 18yrs&up 1 Class \$20 12/1 Th 8:30am-5:30pm

### Cleaning Your Home Naturally

Learn ways to keep your home spic and span with gentle cleansers that are less likely to cause allergies and harm the environment. Make some cleansers to take home with you.

8708 18yrs&up 1 Class \$20 12/8 Th 10:00am-11:30am

### Van Trip: 'Tis the Season

Enjoy supper at Calvert Inn before visiting Montpelier Mansion dressed up for the holidays with candlelight and greenery. Light refreshments, local entertainment provided.

8711 18yrs&up 1 Class \$18 12/8 Th 3:00pm-9:00pm

### Hike at Blockhouse Point

Explore the beauty of Blockhouse Point Conservation Park in winter and a incredible view of the river. Moderate hike.

8699 18yrs&up 1 Class \$5 12/16 F 9:00am-11:00am

### Australia in Baltimore

Explore the National Aquarium in Baltimore newest exhibit-Animal Planet Australia. Bring lunch money.

9900 18yrs&up 1 Class \$40 1/12 Th 8:00am-5:30pm

### Winterthur Discovery Tour

Explore H.F. du Pont's historic mansion, a special needle-point exhibit, and take an optional Discovery Tour. We can arrange for a specialist to talk about a special family treasure that you want to know how to conserve.

9903 18yrs&up 1 Class \$40 1/19 Th 8:00am-5:30pm

### Birding-Blue Mash Nature Area

Easy hike to explore the variety of habitats at this private park that includes forest, fields, wetlands, and a pond in our area. Bring binoculars and dress appropriately for weather.

9904 18yrs&up 1 Class \$6 1/20 F 9:30am-11:30am

### Early Morning Hike

Dress warmly for a hike along the C & O Canal and enjoy the magnificent views of the Potomac River.

9911 18yrs&up 1 Class \$6 2/10 F 9:30am-11:30am

### Birding at the Patuxent

Join Naturalist Sandy Staples as we explore the winter birds at the north and south sections of the Patuxent Wildlife Refuge with a warm lunch in Laurel. Bring money for lunch.

9915 18yrs&up 1 Class \$24 2/16 Th 8:30am-5:30pm

## Scout Programs

### Boy Scout Forestry Merit Badge

Discuss tree and plant identification, forest succession, and uses of timber and fire as a management tool.

8603 8-18yrs 1 Class \$40 1/23 M 10:00am-3:30pm

### Boy Scout Soil & Water Merit Badge

Discuss conservation practices, the water cycle, soil erosion, water pollution, and wildlife management.

8605 8-18yrs 1 Class \$40 2/27 M 1:00pm-6:30pm

### Birthday Parties

Meadowside Nature Center offers a special place to have a birthday party. Parties include a 1-hour nature program, a craft activity, and a birthday bag for each child. Call the facility or visit [www.meadow-sidenature.org](http://www.meadow-sidenature.org) for more details.



# Tennis Classes

Cabin John and Wheaton Indoor Tennis offer affordable, year round, private and group tennis lessons for all ages and abilities.

Registration for December classes begins November 15 and registration for January classes begins January 10. No registrations will be processed prior to this date.

Registrations are accepted in person, by mailing or faxing the registration form to the facility, by phone via our IVR system (301-962-1477), or by internet ([www.parkpass.org](http://www.parkpass.org)). See the registration form at the back of the Guide. Sign up early to ensure best availability.

## Beginner

This class is designed for students who have never played tennis. Students will learn warm-up exercises, how to properly grip a racquet and basic stroke technique. Court etiquette will be addressed at this level.

### Beginner Youth

#### Cabin John Indoor Tennis

9394	5-8yrs	6 Classes	\$96	12/6	Tu	5:00pm-6:00pm
9395	5-8yrs	6 Classes	\$96	12/9	F	6:00pm-7:00pm
9396	5-8yrs	5 Classes	\$80	12/10	Sa	11:00am-12:00pm
9397	5-8yrs	6 Classes	\$96	1/24	Tu	5:00pm-6:00pm
9398	5-8yrs	6 Classes	\$96	1/27	F	6:00pm-7:00pm
9399	5-8yrs	6 Classes	\$96	1/28	Sa	11:00am-12:00pm

#### Wheaton Indoor Tennis

9167	5-9yrs	5 Classes	\$70	12/9	F	4:00pm-5:00pm
9197	5-9yrs	5 Classes	\$70	1/20	F	4:00pm-5:00pm

### Beginner Pre-Teen

#### Cabin John Indoor Tennis

9392	9-12yrs	5 Classes	\$80	12/4	Su	12:00pm-1:00pm
9393	9-12yrs	6 Classes	\$96	1/22	Su	12:00pm-1:00pm

#### Wheaton Indoor Tennis

9166	8-13yrs	5 Classes	\$70	12/8	Th	3:00pm-4:00pm
9196	8-13yrs	5 Classes	\$70	1/19	Th	3:00pm-4:00pm

## Beginner Plus

This student has been through the Beginner class once or twice and has begun to pick up the fundamental hitting skills-grounds, lobs, volleys, serve and over-head skills. The student should also know the basic safety rules, the etiquette, and some of the vocabulary of tennis.

### Beginner Plus Youth

#### Cabin John Indoor Tennis

9388	5-8yrs	5 Classes	\$80	12/4	Su	11:00am-12:00pm
9387	5-8yrs	6 Classes	\$96	12/9	F	5:00pm-6:00pm
9386	5-8yrs	5 Classes	\$80	12/10	Sa	5:00pm-6:00pm
9391	5-8yrs	6 Classes	\$96	1/22	Su	11:00am-12:00pm
9390	5-8yrs	6 Classes	\$96	1/27	F	5:00pm-6:00pm
9389	5-8yrs	6 Classes	\$96	1/28	Sa	5:00pm-6:00pm

#### Wheaton Indoor Tennis

9163	5-9yrs	5 Classes	\$70	12/9	F	5:00pm-6:00pm
9164	5-9yrs	5 Classes	\$70	12/10	Sa	2:00pm-3:00pm
9165	5-9yrs	5 Classes	\$70	12/11	Su	2:00pm-3:00pm
9193	5-9yrs	5 Classes	\$70	1/20	F	5:00pm-6:00pm

9194	5-9yrs	5 Classes	\$70	1/21	Sa	2:00pm-3:00pm
9195	5-9yrs	5 Classes	\$70	1/22	Su	2:00pm-3:00pm

### Beginner Plus Pre-Teen

#### Cabin John Indoor Tennis

9378	9-12yrs	6 Classes	\$96	12/6	Tu	4:00pm-5:00pm
9383	9-12yrs	6 Classes	\$96	12/7	W	6:00pm-7:00pm
9380	9-12yrs	5 Classes	\$80	12/10	Sa	6:00pm-7:00pm
9379	9-12yrs	6 Classes	\$96	1/24	Tu	4:00pm-5:00pm
9381	9-12yrs	6 Classes	\$96	1/25	W	6:00pm-7:00pm
9382	9-12yrs	6 Classes	\$96	1/28	Sa	6:00pm-7:00pm

#### Wheaton Indoor Tennis

9158	8-13yrs	5 Classes	\$70	12/8	Th	5:00pm-6:00pm
9159	8-13yrs	5 Classes	\$70	12/10	Sa	1:00pm-2:00pm
9160	8-13yrs	5 Classes	\$70	12/11	Su	1:00pm-2:00pm
9188	8-13yrs	5 Classes	\$70	1/19	Th	5:00pm-6:00pm
9189	8-13yrs	5 Classes	\$70	1/21	Sa	1:00pm-2:00pm
9190	8-13yrs	5 Classes	\$70	1/22	Su	1:00pm-2:00pm

### Beginner Plus Teen

#### Cabin John Indoor Tennis

9384	13-17yrs	5 Classes	\$80	12/4	Su	4:00pm-5:00pm
9385	13-17yrs	6 Classes	\$96	1/22	Su	4:00pm-5:00pm

#### Wheaton Indoor Tennis

9161	12-17yrs	5 Classes	\$70	12/10	Sa	4:00pm-5:00pm
9162	12-17yrs	5 Classes	\$70	12/11	Su	5:00pm-6:00pm
9191	12-17yrs	5 Classes	\$70	1/21	Sa	4:00pm-5:00pm
9192	12-17yrs	5 Classes	\$70	1/22	Su	5:00pm-6:00pm

### Beginner Plus Adult

#### Cabin John Indoor Tennis

9374	18yrs&up	6 Classes	\$96	12/7	W	1:00pm-2:00pm
9375	18yrs&up	5 Classes	\$80	12/10	Sa	9:00am-10:00am
9376	18yrs&up	6 Classes	\$96	1/25	W	1:00pm-2:00pm
9377	18yrs&up	6 Classes	\$96	1/28	Sa	9:00am-10:00am

#### Wheaton Indoor Tennis

9155	17yrs&up	5 Classes	\$70	12/8	Th	2:00pm-3:00pm
9156	17yrs&up	5 Classes	\$70	12/10	Sa	5:00pm-6:00pm
9157	17yrs&up	5 Classes	\$70	12/11	Su	12:00pm-1:00pm
9185	17yrs&up	5 Classes	\$70	1/19	Th	2:00pm-3:00pm
9186	17yrs&up	5 Classes	\$70	1/21	Sa	5:00pm-6:00pm
9187	17yrs&up	5 Classes	\$70	1/22	Su	12:00pm-1:00pm

Rent tennis courts on Saturday nights for your team, school, or other group activity. Call the facility for more information.

Private tennis lessons are available. Call facility for more information.

## First Intermediate

Student understands how the game of tennis is played, when and where to hit which stroke, how to keep score, and the difference between doubles and singles. The service return and approach shots will be added.

### First Intermediate Youth

#### Cabin John Indoor Tennis

9260	5-8yrs	6 Classes	\$96	12/7	W	4:00pm-5:00pm
9453	5-8yrs	5 Classes	\$80	12/10	Sa	3:00pm-4:00pm
9261	5-8yrs	6 Classes	\$96	1/25	W	4:00pm-5:00pm
9454	5-8yrs	6 Classes	\$96	1/28	Sa	3:00pm-4:00pm

### First Intermediate Pre-Teen

#### Cabin John Indoor Tennis

8914	9-12yrs	6 Classes	\$96	12/6	Tu	6:00pm-7:00pm
8916	9-12yrs	6 Classes	\$96	12/7	W	5:00pm-6:00pm
8915	9-12yrs	6 Classes	\$96	12/8	Th	4:00pm-5:00pm
8923	9-13yrs	5 Classes	\$80	12/10	Sa	12:00pm-1:00pm
8920	9-13yrs	5 Classes	\$80	12/10	Sa	4:00pm-5:00pm
8919	9-12yrs	6 Classes	\$96	1/25	W	5:00pm-6:00pm
8917	9-12yrs	6 Classes	\$96	1/24	Tu	6:00pm-7:00pm
8918	9-12yrs	6 Classes	\$96	1/26	Th	4:00pm-5:00pm
8921	9-13yrs	6 Classes	\$96	1/28	Sa	12:00pm-1:00pm
8922	9-13yrs	6 Classes	\$96	1/28	Sa	4:00pm-5:00pm

#### Wheaton Indoor Tennis

9149	8-13yrs	5 Classes	\$70	12/8	Th	4:00pm-5:00pm
9150	8-13yrs	5 Classes	\$70	12/10	Sa	3:00pm-4:00pm
9151	8-13yrs	5 Classes	\$70	12/11	Su	6:00pm-7:00pm
9179	8-13yrs	5 Classes	\$70	1/19	Th	4:00pm-5:00pm
9180	8-13yrs	5 Classes	\$70	1/21	Sa	3:00pm-4:00pm
9181	8-13yrs	5 Classes	\$70	1/22	Su	6:00pm-7:00pm

### First Intermediate Teen

#### Cabin John Indoor Tennis

9499	13-17yrs	5 Classes	\$80	12/4	Su	2:00pm-3:00pm
9256	13-17yrs	6 Classes	\$96	12/6	Tu	5:00pm-6:00pm
9257	13-17yrs	5 Classes	\$80	12/10	Sa	2:00pm-3:00pm
9259	13-17yrs	6 Classes	\$96	1/22	Su	2:00pm-3:00pm
9258	13-17yrs	6 Classes	\$96	1/24	Tu	5:00pm-6:00pm
9498	13-17yrs	6 Classes	\$96	1/28	Sa	2:00pm-3:00pm

#### Wheaton Indoor Tennis

9152	12-17yrs	5 Classes	\$70	12/10	Sa	4:00pm-5:00pm
9153	12-17yrs	5 Classes	\$70	12/11	Su	6:00pm-7:00pm
9182	12-17yrs	5 Classes	\$70	1/21	Sa	4:00pm-5:00pm
9183	12-17yrs	5 Classes	\$70	1/22	Su	6:00pm-7:00pm

### First Intermediate Adult

#### Cabin John Indoor Tennis

9248	18yrs&up	6 Classes	\$96	12/6	Tu	1:00pm-2:00pm
9250	18yrs&up	6 Classes	\$96	12/6	Tu	7:00pm-8:00pm
9249	18yrs&up	6 Classes	\$96	12/8	Th	11:00am-12:00pm
9251	18yrs&up	6 Classes	\$96	12/8	Th	6:00pm-7:00pm
9254	18yrs&up	6 Classes	\$96	1/24	Tu	7:00pm-8:00pm
9455	18yrs&up	6 Classes	\$96	1/24	Tu	1:00pm-2:00pm
9253	18yrs&up	6 Classes	\$96	1/26	Th	11:00am-12:00pm
9255	18yrs&up	6 Classes	\$96	1/26	Th	6:00pm-7:00pm

#### Wheaton Indoor Tennis

9148	17yrs&up	5 Classes	\$70	12/8	Th	1:00pm-2:00pm
9178	17yrs&up	5 Classes	\$70	1/19	Th	1:00pm-2:00pm

## Second Intermediate

Students are able to hit ground strokes, lobs, volleys, serve, serve return and overhead, and can rally from baseline to baseline for a total of 10 hits.

### Second Intermediate Pre-Teen

#### Cabin John Indoor Tennis

9348	9-12yrs	5 Classes	\$80	12/5	M	4:00pm-5:00pm
9349	9-12yrs	6 Classes	\$96	12/9	F	5:00pm-6:00pm
9350	9-12yrs	6 Classes	\$96	1/23	M	4:00pm-5:00pm
9351	9-12yrs	6 Classes	\$96	1/27	F	5:00pm-6:00pm

### Second Intermediate Teen

#### Cabin John Indoor Tennis

9352	13-17yrs	6 Classes	\$96	12/8	Th	5:00pm-6:00pm
9353	13-17yrs	5 Classes	\$80	12/10	Sa	7:00pm-8:00pm
9354	13-17yrs	6 Classes	\$96	1/26	Th	5:00pm-6:00pm
9355	13-17yrs	6 Classes	\$96	1/28	Sa	7:00pm-8:00pm

### Second Intermediate Adult

#### Cabin John Indoor Tennis

9264	18yrs&up	6 Classes	\$96	12/6	Tu	11:00am-12:00pm
9262	18yrs&up	6 Classes	\$96	12/8	Th	7:00pm-8:00pm
9263	18yrs&up	6 Classes	\$96	12/8	Th	10:00am-11:00am
9265	18yrs&up	5 Classes	\$80	12/10	Sa	1:00pm-2:00pm
9269	18yrs&up	6 Classes	\$96	1/24	Tu	11:00am-12:00pm
9267	18yrs&up	6 Classes	\$96	1/26	Th	7:00pm-8:00pm
9268	18yrs&up	6 Classes	\$96	1/26	Th	10:00am-11:00am
9270	18yrs&up	6 Classes	\$96	1/28	Sa	1:00pm-2:00pm

#### Wheaton Indoor Tennis

9154	17yrs&up	5 Classes	\$70	12/11	Su	8:00pm-9:00pm
9184	17yrs&up	5 Classes	\$70	1/22	Su	8:00pm-9:00pm

## Third Intermediate

Students should have thorough understanding of most aspects of tennis including: offensive and defensive shots, rules and strategies win points, games and matches. This is the highest level for children under 18.

### Third Intermediate Pre-Teen

#### Cabin John Indoor Tennis

9358	9-12yrs	5 Classes	\$90	12/5	M	5:00pm-6:00pm
9359	9-12yrs	5 Classes	\$90	12/10	Sa	10:00am-11:00am
9360	9-12yrs	6 Classes	\$108	1/23	M	5:00pm-6:00pm
9361	9-12yrs	6 Classes	\$108	1/28	Sa	10:00am-11:00am

### Third Intermediate Teen

#### Cabin John Indoor Tennis

9363	13-17yrs	5 Classes	\$90	12/4	Su	6:00pm-7:00pm
9362	13-17yrs	5 Classes	\$90	12/5	M	6:00pm-7:00pm
9364	13-17yrs	6 Classes	\$108	12/9	F	4:00pm-5:00pm
9366	13-17yrs	6 Classes	\$108	1/22	Su	6:00pm-7:00pm
9365	13-17yrs	6 Classes	\$108	1/23	M	6:00pm-7:00pm
9367	13-17yrs	6 Classes	\$108	1/27	F	4:00pm-5:00pm

### Third Intermediate Adult

#### Cabin John Indoor Tennis

9356	18yrs&up	6 Classes	\$108	12/8	Th	8:00pm-9:00pm
9357	18yrs&up	6 Classes	\$108	1/26	Th	8:00pm-9:00pm



## Specialty Offerings

### Workout Clinic Adult

Workout Clinics are group activities, featuring drills to give players an ultimate, high-energy workout.

#### Cabin John Indoor Tennis

9417	18yrs&up	5 Classes	\$90	12/4	Su	3:00pm-4:00pm
9416	18yrs&up	6 Classes	\$108	12/6	Tu	12:00pm-1:00pm
9418	18yrs&up	6 Classes	\$108	1/24	Tu	12:00pm-1:00pm
9419	18yrs&up	6 Classes	\$108	1/22	Su	3:00pm-4:00pm

#### Wheaton Indoor Tennis

9174	17yrs&up	5 Classes	\$80	12/8	Th	12:00pm-1:00pm
9175	17yrs&up	5 Classes	\$80	12/9	F	7:00pm-8:00pm
9176	17yrs&up	5 Classes	\$80	12/10	Sa	9:00am-10:00am
9177	17yrs&up	5 Classes	\$80	12/11	Su	7:00pm-8:00pm
9204	17yrs&up	5 Classes	\$80	1/19	Th	12:00pm-1:00pm
9205	17yrs&up	5 Classes	\$80	1/20	F	7:00pm-8:00pm
9206	17yrs&up	5 Classes	\$80	1/21	Sa	9:00am-10:00am
9207	17yrs&up	5 Classes	\$80	1/22	Su	7:00pm-8:00pm

### Advanced Adult

Prerequisite: mastery of all Intermediate level skills.

Provides an advanced player with offensive and defensive strategies keying in on positioning and shot placement. Special attention paid to closing point, analysis of match play situations, and an introduction to mental toughness training.

#### Cabin John Indoor Tennis

9448	18yrs&up	6 Classes	\$108	12/9	F	7:00pm-8:00pm
9449	18yrs&up	6 Classes	\$108	12/9	F	8:00pm-9:00pm
9450	18yrs&up	6 Classes	\$108	1/27	F	7:00pm-8:00pm
9451	18yrs&up	6 Classes	\$108	1/27	F	8:00pm-9:00pm



### Cardio Tennis

This course is a new, fun, group activity, featuring drills to give players of all abilities an ultimate, high-energy workout. Includes warm-up, cardio workout, and cool down phases. For players looking for a great way to get in shape and to burn calories, this class is a must. For information call Glendine at 301-469-7300 or e-mail her at [Top\\_volley@hotmail.com](mailto:Top_volley@hotmail.com).

#### Cabin John Indoor Tennis

9400	All Ages	5 Classes	\$90	12/4	Su	3:00pm-4:00pm
9401	All Ages	5 Classes	\$90	12/4	Su	4:00pm-5:00pm
9402	All Ages	6 Classes	\$108	1/22	Su	3:00pm-4:00pm
9403	All Ages	6 Classes	\$108	1/22	Su	4:00pm-5:00pm

### Match Play

Instructor needs to review player's level of play as a prerequisite for this course. Contact Eric Zatman via e-mail at [ezatman@aol.com](mailto:ezatman@aol.com) or by phone at 301-869-9753 or 301-469-7300.

#### Cabin John Indoor Tennis

9406	All Ages	5 Classes	\$90	12/5	M	8:00pm-9:00pm
9407	All Ages	6 Classes	\$108	12/6	Tu	7:00pm-8:00pm
9408	All Ages	6 Classes	\$108	12/6	Tu	8:00pm-9:00pm
9409	All Ages	6 Classes	\$108	12/7	W	7:00pm-8:00pm
9410	All Ages	6 Classes	\$108	12/7	W	8:00pm-9:00pm
9411	All Ages	6 Classes	\$108	1/23	M	8:00pm-9:00pm
9412	All Ages	6 Classes	\$108	1/24	Tu	7:00pm-8:00pm
9413	All Ages	6 Classes	\$108	1/24	Tu	8:00pm-9:00pm
9414	All Ages	6 Classes	\$108	1/25	W	7:00pm-8:00pm
9415	All Ages	6 Classes	\$108	1/25	W	8:00pm-9:00pm

### Junior Team Tennis

Instructor needs to review player's level of play as a prerequisite for this course. Contact Glendine at 301-469-7300 or via e-mail at [Top\\_volley@hotmail.com](mailto:Top_volley@hotmail.com). In person only registrations accepted.

#### Cabin John Indoor Tennis

9404	All Ages	5 Classes	\$90	12/4	Su	5:00pm-6:00pm
9405	All Ages	6 Classes	\$108	1/22	Su	5:00pm-6:00pm

### Adult Team Tennis

Instructor needs to review player's level of play as a prerequisite for this class. Contact Bill McDougall at 301-469-7300. In person only registrations accepted.

#### Cabin John Indoor Tennis

9368	18yrs&up	6 Classes	\$108	12/7	W	11:00am-1:00pm
9369	18yrs&up	6 Classes	\$108	1/25	W	11:00am-1:00pm

Private tennis lessons are available.  
Call facility for more information.

## Parent & Child

Designed to teach both parents and children fundamental skills at a Beginner/Beginner Plus level, with emphasis on skills and drills that can be continued outside of class. Registration for this class must be done in person. Additional parent or child fee \$45.00 per person.

### Parent & Child Youth

#### Wheaton Indoor Tennis

9171	5yrs&up	5 Classes	\$95	12/9	F	6:00pm-7:00pm
9172	5yrs&up	5 Classes	\$95	12/10	Sa	11:00am-12:00pm
9173	5yrs&up	5 Classes	\$95	12/11	Su	3:00pm-4:00pm
9201	5yrs&up	5 Classes	\$95	1/20	F	6:00pm-7:00pm
9202	5yrs&up	5 Classes	\$95	1/21	Sa	11:00am-12:00pm
9203	5yrs&up	5 Classes	\$95	1/22	Su	3:00pm-4:00pm

### Parent & Child Pre Teen

#### Wheaton Indoor Tennis

9168	8-13yrs	5 Classes	\$95	12/8	Th	6:00pm-7:00pm
9169	8-13yrs	5 Classes	\$95	12/10	Sa	12:00pm-1:00pm
9170	8-13yrs	5 Classes	\$95	12/11	Su	4:00pm-5:00pm
9198	8-13yrs	5 Classes	\$95	1/19	Th	6:00pm-7:00pm
9199	8-13yrs	5 Classes	\$95	1/21	Sa	12:00pm-1:00pm
9200	8-13yrs	5 Classes	\$95	1/22	Su	4:00pm-5:00pm





# Planning, Preserving and Developing Montgomery County

YOUR QUALITY OF LIFE IS OUR PRIORITY

## WHERE YOU CAN FIND MORE INFORMATION

A variety of divisions within the agency engage community leaders, residents and developers to guide the county's development. For more specific information on planning and development in Montgomery County:

### GENERAL INFORMATION

301-495-4610

### COMMUNITY-BASED PLANNING

301-495-4555

### DEVELOPMENT REVIEW

301-495-4610

### ENVIRONMENTAL PLANNING

301-495-4540

### HISTORIC PRESERVATION

301-563-3400

### STRATEGIC PLANNING

301-495-4500

### TRANSPORTATION PLANNING

301-495-4525

■ Para más información en Español por favor llame al 301-495-4604.

## DID YOU KNOW

In addition to managing an award-winning 32,600-acre park system and providing hundreds of educational programs throughout the year, the Maryland-National Capital Park and Planning Commission also makes important decisions about how Montgomery County's land is used, developed or preserved. The decisions the agency makes have an immediate impact on the quality of life in our region.

## STEWARDSHIP MONTGOMERY COUNTY'S LAND RESOURCES

For more than 75 years, the Commission has worked tirelessly to preserve a 93,000 acre Agricultural Reserve that encompasses one-third of the county's land; encourage development close to mass transit systems in order to address traffic congestion; and balance the growth of our communities.

## HOW YOU CAN GET INVOLVED

The agency holds public meetings virtually every Thursday throughout the year to review potential development projects and make land use decisions. We actively invite the community to participate in these decisions and testify during public hearings. Dozens of meetings are held throughout the County each year to gain residents input on land use issues. For more information visit our website at [www.mncppc.org](http://www.mncppc.org).

## What's coming up?

The master plans for the following communities are underway:

- > Shady Grove
- > Woodmont Triangle
- > Damascus
- > Twinbrook
- > Gaithersburg
- > Germantown

For more detailed information, call 301-495-4555

## THE MONTGOMERY COUNTY PLANNING BOARD

Derick Berlage, *Chairman*

Wendy Perdue, *Vice-Chairman*

Allison Bryant, Ph.D.

John Robinson

Meredith Wellington

## Montgomery Parks

Maryland-National Capital Park and Planning Commission

### Before You Register

- Open a ParkPASS account (go to [www.ParkPASS.org](http://www.ParkPASS.org))
- Identify the program information (course number is needed)

### Ready to Register?



#### By Internet

Internet registration is available 24 hours a day starting at 7am on the 1st day of registration. Know your Customer Number and Account PIN and visit [www.parkpass.org](http://www.parkpass.org). You may view classes and activities, sign up, make a payment, and view your family's current registrations.



#### In person or by mail or fax

Complete the registration form. You may take the completed registration form in person to any of our ParkPASS facilities. Or you may mail or fax the registration form to the facility offering the program (copies are acceptable). Faxed registrations require credit card payment. A listing of the facility addresses, faxes, and phone numbers is on page 75.



#### By phone

Touch-tone telephone registration is available 24 hours a day starting at 7am on the 1st day of registration. Call 301-962-1477 and follow the prompts.

### Questions?

If you have a question about a specific class or activity, call the facility offering the program (see page 75 for facility phone numbers). If you have a question about the ParkPASS system, call our ParkPASS Help Desk, Monday-Friday, 10am-2pm, at 301-495-2580 or e-mail the Help Desk at [parkpasshelp@mncppc-mc.org](mailto:parkpasshelp@mncppc-mc.org).

### Confirmation

Confirmation letters will not be mailed. If a class is full, you will receive a phone call asking if you want to a) be placed on the waitlist, b) choose another class, or c) cancel your request. If you wish to confirm your registration, please contact the facility directly using the facility phone number listed on page 75.

### Payment Information

- Full payment must be made at the time of registration.
- VISA or MasterCard are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- Financial assistance - A 50% fee reduction on programs is available to eligible Montgomery County residents. See [www.parkpass.org](http://www.parkpass.org) for information and application form.
- If you don't want to use a credit card, you may stop by any of our ParkPASS facilities (listed on page 75) and register in person or make a payment on your account. Those funds will then be available to you next time you call or log on to register using ParkPASS.
- Rest assured that your account information is secure. M-NCPPC uses the latest in payment security. Collection and retention of customer information is confidential. We do not give, share, sell, transfer, or rent any personal information to third parties.

### Refund Policy

In the event that M-NCPPC cancels a program, you will be notified and will receive a full credit on your ParkPASS account or, at your request, a full refund.

If you withdraw from a program and your written request is received at least one business day before the program begins, you may elect to receive a full credit to your ParkPASS account for future programs, or a refund less a 20% Refund Administrative Fee. For programs with fees less than \$10, you will receive a credit to your ParkPASS account only; no refunds will be given.

If your written withdrawal request is received the day of the program, no refund will be given for that class. If the program has multiple classes and you submit a written request after the 1st class, you will receive a credit to your ParkPASS account or a refund for the remaining classes less a 20% Refund Administrative Fee. No credit or refund will be issued after the 2nd class in a series.

No refund or credit will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of the program.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Check refunds may take 3-4 weeks to process.

Some activities have different refund/withdrawal policies that supersede this standard policy.

# INFORMATION

## Montgomery County Recreation Department

### Five Ways to Register



**RecWeb** Online registration at <http://recweb.montgomerycountymd.gov>.



**STARline** members may register by using our telephone automated registration system. To become a STARline member, complete the application on page 69. STARline registration number is 240-777-8277.



#### **Fax 240-777-6818**

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



#### **Mail or drop off**



#### **Full Service in person**

Montgomery County Recreation Department  
Attention: Registrar  
4010 Randolph Road  
Silver Spring, MD 20902-1099

Phone: 240-777-6840

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 71).

### Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, above.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.  
VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the internet: [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec).
- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

### Withdrawal and Refund Guidelines

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCRD, Attention Refund Request 4010 Randolph Road Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: <a href="mailto:rec.refund@montgomerycountymd.gov">rec.refund@montgomerycountymd.gov</a> OnLine: <a href="http://recweb.montgomerycountymd.gov">recweb.montgomerycountymd.gov</a>	No Fee
Seven (7) days or fewer before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. On line withdrawal not available.	\$20 Fee plus a pro rated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.



**Two Agencies**  
**Two Addresses**  
**One Registration Form**



**Read our Detailed**  
**Registration Information**

(on pages 102 and 103)



# Registration Form



This form may be duplicated.

## Main Contact

Last Name	First Name	Middle Initial	Birth Date	Gender	Street Address	City	State	ZIP

## Payer Information (Name)

Home Phone	Work Phone	Cell Phone	Address	City	State	Zip	Phone

## SIGN UP BELOW FOR RECREATION PROGRAMS (Blue Section) ONLY

Participant's Name (last, first)	School Attending	Class/Activity Title	Course Number	Location	Start Date	Start Time	Recreation Dept. Fee

☐ Check or Money Order payable to **MCRD**

Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

☐ MasterCard or Visa Cardholder Name (print) \_\_\_\_\_

Number \_\_\_\_\_ Exp date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing the Recreation portion of this form, please call 240-777-6840.

If you are a non-resident, include an additional \$10 per participant for each activity:

**RECREATION** Programs Fee Total: \_\_\_\_\_

## SIGN UP BELOW FOR PARKS PROGRAMS (Green Section) ONLY

Participant's Name (last, first)	School Attending	Class/Activity Title	Course Number	Location	Start Date	Start Time	Parks Fee

☐ Check or Money Order payable to **M-NCPPC** (Please mail to the ParkPASS facility offering the program. Listing on page 75.)

☐ MasterCard or Visa Cardholder Name (print) \_\_\_\_\_

Number \_\_\_\_\_ Exp date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

If paying by credit card, you may **fax** your registration form to **the ParkPASS facility offering the program**. Listing on page 75.

**PARKS** Programs Fee Total: \_\_\_\_\_

The participant assumes all risks associated with participation in the program. MCRD & M-NCPPC assume no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, MCRD & M-NCPPC encourage each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to MCRD & M-NCPPC use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Montgomery County Recreation Department presents

# Holiday Happening

A combined celebration of Holiday Happening and Winter World of Crafts

## Juried Craft Show



Over 100 outstanding artists and crafters will be displaying their works.

December 3, 2005  
10:00am-4:00pm

**Free Parking**  
**Free Admission**

Bauer Drive Community Center  
14625 Bauer Drive  
Rockville, MD 20853

301-468-4015



DEPARTMENT OF  
RECREATION

Montgomery County  
Department of Recreation  
4010 Randolph Road  
Silver Spring, Maryland 20902



Montgomery County Recreation  
Department recycles paper, bottles,  
and cans in our programs.

or current resident

PRSRT STD  
US Postage Paid  
Rockville, MD  
Permit No.138